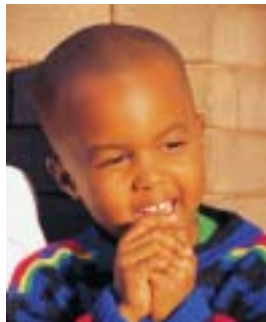




Resource Guide for Alexandria's Children, Youth & Families

City of Alexandria
2004



Introduction

The *Resource Guide for Alexandria's Children, Youth & Families* contains comprehensive information on a wide range of available services and programs provided by City, state, regional, and community agencies that serve Alexandrians. The *Guide* is widely distributed throughout the community to parents, youth, and other residents as well as the professionals working with families.

The *Guide* is divided into four chapters. Chapter I "Parents & Families" includes information useful to parents and adult family members. The other three chapters (Chapter II "Infants and Toddlers – Preschool"; Chapter III "Young Children – Elementary School"; and Chapter IV "Teenagers – Middle and High School") present information on services and programs based on developmental stages of children and youth. The *Guide* also includes *Tips* and *About* entries on a variety of short subjects that may be helpful to Alexandria's families.

Program and services listings include contact information (addresses, telephone/fax/TTY numbers, e-mail, and website addresses), hours of operation, and a brief description of the services offered as well as fees and eligibility requirements, as available at the time of publication. For certain resources, not all of the above information may have been readily available. If you require reasonable accommodations for a disability or need assistance with language translation or interpretation for any *Guide*-listed program, we recommend contacting the agency or resource directly to determine the availability of these accommodations or services.

Contents of this *Guide* were provided in part by the Northern Virginia Regional Commission and Virginia's Human Services Information and Referral System. Additional data was obtained from the listed agencies. We have listed all programs that serve Alexandrians, to the best of our knowledge, but realize that some may have been inadvertently omitted. Service providers are encouraged to notify us when changes occur within their programs. For additional copies of or corrections to the *Guide*, contact Alexandria Department of Human Services, Division of Social Services, 2525 Mt. Vernon Avenue, Alexandria, VA 22301, Attention: *Resource Guide*.

The *Resource Guide for Alexandria's Children, Youth & Families* is a product of the Alexandria Social Services Advisory Board. The production of this *Guide* was made possible through funding from the Virginia Department of Social Services, Safe and Stable Families Grant, the Alexandria Early Childhood Commission Children's Fund, the Alexandria Youth Policy Commission's Youth Fund Grant, and the City of Alexandria, Virginia.

Resource Guide

for Alexandria's

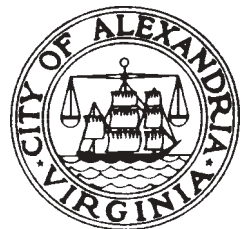
Children,

Youth &

Families

City of Alexandria

2004



Dear Alexandria Resident:

Alexandria's children are our greatest blessing and our greatest responsibility. Every one of our children deserves safety, nutrition, health care, education, and love. A person well-nurtured in childhood will grow up an independent, productive citizen.

Parents alone cannot be expected to provide for all of the needs of their children, so we have school systems, health care systems, and other services to help Alexandria's families obtain the best for their children. The City of Alexandria, the Alexandria Department of Human Services, and the Alexandria Social Services Advisory Board are pleased to present you with this *Resource Guide for Alexandria's Children, Youth & Families*. We encourage you to use it to locate services your family may need, and to read our tips for raising children that appear throughout the guide. We encourage parents to take advantage of parenting classes listed in this guide. You can learn the most effective ways to guide and discipline your children. Parenting can be easier if you know more about how your children will grow and learn and what to expect at each stage of their development.

Our community must prove its commitment to our children. Each one of us can make a teenager feel appreciated with a smile and a kind word of encouragement. We can help calm an agitated parent who is frustrated with an unruly child. And we can offer our assistance to a new mother who may be too tired to cook a family meal. Our lives are busy, but we must be sure to focus on the future, our children—all of Alexandria's children!

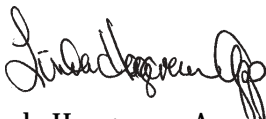
Lastly, we ask you to consider how you can help Alexandria's abused and neglected children. If you suspect a child may be the victim of abuse or neglect, please call our hotline at (703) 838-0800. A child who must be removed from home will be placed in foster care. Unfortunately, because of our shortage of local foster homes, most of Alexandria's foster children are placed with families outside the City. Please look into your heart and see if you have room to parent an Alexandria child in foster care. If you are interested in learning more about foster parenthood, please call (703) 838-0771.



William D. Euille
Mayor, City of Alexandria



Debra R. Collins
Director, Alexandria Department of Human Services



Linda Hoogeveen App
Fellow Citizen and Parent, Chair, Alexandria Social Services Advisory Board

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Chapter I Parents & Families





Chapter I Parents & Families

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Parents & Families - Counseling

Domestic Violence Facts

Does your partner...

- Verbally insult, demean, or threaten you?
- Isolate you from friends, family, or other people?
- Organize schedules to follow or harass you?
- Limit your mobility or access to money?
- Explode into a rage and assault you physically or sexually?
- Negate your words, abilities, ideas, and actions?
- Choke, punch, slap, kick, or otherwise hurt you?
- Excuse each attack and promise to stop?

If this sounds familiar, you could be the victim of an abusive relationship. However, you are not alone. Whether you need information, support, or a safe place to stay, there are people who can help. Call your local domestic violence program's hotline, because love can never speak through violence. Tenemos servicios en Español.

Domestic violence

- Is abusive and violent behavior between people who are married or living together, or who have an ongoing or prior intimate relationship
- Includes physical assaults as well as psychological threats and verbal abuse that make a person fear for her or his safety

The victim

- Can be either sex and of any race, religion, ethnic background, economic class, educational level, age, marital status, or sexual orientation
- May believe this kind of behavior is normal
- May believe she or he has caused the abuse
- May feel ashamed or helpless

The abuser

- Can be either sex and of any race, religion, ethnic background, economic class, educational level, age, marital status, or sexual orientation
- May believe that hitting and threatening are normal ways to relate to others
- May use abuse to control the partner or spouse
- May feel angry, ashamed, or helpless

Why victims stay

- Very often victims do not stay; however, they may stay as a result of
- financial dependence on the abuser
 - low self-esteem
 - fear of retribution and/or threats to own or children's personal safety
 - hope that the abuser will change

Help is available

- The Office on Women's Domestic Violence Program provides
- A 24-hour confidential hotline to help women and men involved in violent relationships
 - Emergency housing for women who are victims of domestic violence and their children
 - Information and referral services to community resources
 - Outreach counseling for women and men involved in violent relationships
 - Court advocacy assistance for victims of domestic violence and referrals for legal issues
 - Support Groups for women who are, or have been, in abusive relationships
 - Speakers on domestic violence and related topics

Domestic Violence Program 24-Hour Hotline (703) 838-4911
Sexual Assault Response & Awareness 24-Hour Hotline (703) 683-7273

Alexandria Police: Emergency 911

Alexandria Hospital (703) 504-3065

Victim/Witness Assistance (703) 838-4100

Non-emergency (703) 838-4444

Commonwealth's Attorney (703) 838-4100

(Source: Alexandria Office on Women)

Parents & Families - Counseling

Counseling Services

Alexandria Mental Health Center

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-6400 Fax (703) 838-5062

Hours: MTW, 8:30 a.m.-9 p.m.; ThF, 8:30 a.m.-5 p.m.

Fees: Sliding fee. Accepts Medicaid, Medicare, insurance.

Provides a full range of services, including diagnosis and evaluation. Offers individual, family, and group counseling; medication therapy; case management; and psychological testing.

Battered Women's Emergency Shelter

****Mailing Address Only**** Shelter in Undisclosed Location

Alexandria Domestic Violence Program

Office on Women

421 King Street, Suite 400

Alexandria, VA 22314

****Client Must Call for Details****

Hotline (703) 838-4911 Intake (703) 838-6427

Hours: Daily, 24 hours

Fees: No charge.

Provides 24-hour emergency shelter to adult battered women and their children. Capacity: 14 beds; maximum stay 28 days.

Family Center of Alexandria Neighborhood Health Services, Inc.

3802 Executive Avenue, #D-1

Alexandria, VA 22305

(703) 535-7930

Hours: M-F, 9 a.m.-4 p.m.

Fees: Sliding fee; income limits.

Offers bilingual counseling for individuals, families, or couples; case management; art and play therapy for children; and parenting classes. Serves mostly Alexandria Health Center clients.

Mental Health Referral Associates, Inc.

6101 Beech Tree Drive

Alexandria, VA 22310

(703) 960-4070 Fax (703) 960-4070

www.mhra.net

Hours: M-F, 8 a.m.-6 p.m.

An association of licensed mental health professionals and resources providing information to consumers looking for specific mental health resources in the DC metro area; requests can be left with answering service or sent by e-mail to mhrareferral@msn.com.

Pastoral Counseling & Consultation Centers, Greater Washington

P. O. Box 18221

Washington, DC 20036-8221

(202) 234-0202 Fax (202) 234-0185

www.pastoralcounselingdc.com

Hours: Daily, 24-hour voice mail

An approved clinical center of the American Association of Pastoral Counselors, staffed by certified pastoral counselors, social workers, psychologists, and marriage and family therapists.

United Methodist Family Services of Virginia

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax (703) 750-0621

www.umfs.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Sliding fee. Accepts insurance.

Offers individual and couples counseling. Also provides anger management services for both men and women.

Counseling Support Groups

Domestic Violence Support Group

Alexandria Domestic Violence Program

Office on Women

421 King Street, Suite 400

Alexandria, VA 22314

(703) 838-4911 Fax (703) 838-6427

Hours: M-F, 8 a.m.-5 p.m.

Fees: No charge.

Provides support groups for female victims of domestic violence. Offers support group and counseling to children of participants at the same time. The Office of Women also has a support group in Spanish for female victims of violence.

Sexual Assault Response & Awareness (SARA)

Alexandria Office on Women

421 King Street, Suite 400

Alexandria, VA 22314

(703) 838-5030 (voice/TTY)

(703) 683-7273 24-hour hotline (voice/TTY)

Hours: M-F, 8 a.m.-5 p.m.

Fees: No charge.

The Sexual Assault Response and Awareness (SARA) Program offers support to victims of sexual assault, their families, and friends. A 24-hour hotline with professional staff and trained volunteers is available for confidential emotional support, crisis intervention, and medical referrals. Staff or volunteers help victims with information about legal options and accompany victims through court processes. The program also provides short-term counseling for victims of sexual violence. A variety of support groups are available for adult survivors of childhood sexual abuse, partners of victims of sexual assault, and adolescent survivors of sexual assault or childhood sexual abuse.

Parents & Families - Counseling

Substance Abuse Services

Alcoholics Anonymous (Northern Virginia)

8501 Lee Highway
Fairfax, VA 22031
(703) 876-6166 (24 hours) Fax (703) 876-6168
www.aavirginia.org
Hours: Daily, 10 a.m.-8 p.m.; by phone 24 hours
Provides 24-hour hotline help with alcohol-related problems.

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse

720 N. Saint Asaph Street
Alexandria, VA 22314
(703) 838-6400
Hours: M-F, 8 a.m.-5 p.m.
The following services are available to all Alexandria residents with substance abuse problems:
Outpatient Counseling & Day Treatment (703) 838-4525 – provides evaluation and counseling services for adults with alcohol or other drug abuse problems. Narcotic addicts can receive methadone treatments, and counseling services are offered to families and friends of chemically dependent individuals. Intensive day treatment is offered for adults.
Residential Service (703) 329-2010 – provides nonmedical detoxification, residential treatment, and supervised residential placements for adults and adolescents. Day treatment services for inmates with substance abuse problems are offered in a Sober Living Unit at the Alexandria Detention Center.
Prevention & Early Intervention Service (703) 329-2020 – provides consultation and education to citizens concerned about personal, family, employee, or community drug and alcohol use. AIDS education, testing, and counseling are also offered. Special counseling services are provided to children and adolescents at the Charles Houston Recreation Center, the City's Adolescent Health Clinic, and the City high school. Summer prevention activities include an overnight, one-week summer camp for high-risk youth.

Alexandria Men's Home

402 E. Hume Avenue
Alexandria, VA 22301
(703) 683-3622 (Office) (703) 549-9413 (Pay Phone)
Hours: M-F, 9 a.m.-5 p.m.
Fees: No insurance accepted; residents pay based on income. Offers residential treatment for male substance abusers who have been detoxified before the admission interview. Accepts referrals from hospitals, rehabilitations, churches, social workers, AA members, or other interested persons.

Tip

Internet Safety

Talk openly about potential dangers on the Internet. Explain to younger children that there are "bad" things and "bad" people online just as there are in the offline world.

Set up the computer in a common area of the house rather than in your child's bedroom, so you can easily oversee Internet use. Regularly monitor what your child is doing: check the screen and the browser's history to see what sites your child visits. Be specific about what your child may and may not access; set consequences for inappropriate Internet use.

Advise your child to be cautious about "chat" rooms and "instant messages." The most risk and danger is found in "chat": sexual predators typically begin to "groom" their victims, establishing a relationship and gaining their trust in "chat." If your children visit chat rooms, find out with whom they chat, and warn children to never give out personal identity information (full name, address, phone numbers).

Young teenagers are at an especially vulnerable developmental stage, and may seek the comfort and emotional support of online friendships. Parents can remind teens that some people they meet online may have ulterior motives and hidden agendas for paying special attention to them. Internet predators try to earn their victim's trust by listening to their problems, giving them attention, and making them feel special. No matter how innocent the support seems (or how compelling the story), teens need to be extremely cautious about what personal information they share online and the direction of the relationship.

Finally, limit the amount of time your child spends on the Internet just as you would limit other passive (or possibly addictive) activities such as TV viewing or electronic games. Have children ask permission before signing on, and agree on when they will sign off. Don't let the computer be a babysitter—spend as much time in family group activities as possible. Spend time enjoying the computer together.

For more information, please visit www.smartparent.com.

(From the Children's Assessment Center
[\[www.cachouston.org/reporting/internet/prevention.html\]](http://www.cachouston.org/reporting/internet/prevention.html))

Narcotics Anonymous (Northern Virginia)

P. O. Box 7113
Falls Church, VA 22046
(703) 532-1255 (24 hours) 1-800-543-4670
www.na.org
Hours: Daily, 24-hour voice mail and helpline
Self-help support for those with substance abuse problems.

Parents & Families - Education

Adult Continuing Education

Alexandria City Public Schools Continuing & Adult Education

T.C. Williams High School

3330 King Street

Alexandria, VA 22302

(703) 824-6845 Fax (703) 824-6902

www.acps.k12.va.us

Hours: M-F, 10 a.m.-5 p.m.

Fees: Vary according to program.

Provides GED preparation programs and year-round Adult Basic Education, Adult Continuing Education, English as a Second Language (ESL), and Adult Marketing to Alexandria residents ages 20 and over.

Alexandria Redevelopment & Housing Authority -Family Resource Learning Center

910 Montgomery Street

Alexandria, VA 22314

(703) 739-2376 Fax (703) 739-2386

Provides after-school activities for Alexandria elementary-aged children and a group for adolescent girls. Offers GED preparation for Alexandria adults.

Northern Virginia Community College-Alexandria

3001 N. Beauregard Street

Alexandria, VA 22311

www.nv.cc.va.us/alexandria

Hours: M-Th, 8:30 a.m.-7:30 p.m.; F, 8:30 a.m.-5 p.m.;

Sa, 9 a.m.-Noon

Fees: Set fee for credit courses; noncredit course fees vary.

Community & Workforce Development

(703) 845-6329 (703) 845-6212 Fax (703) 845-6083

Offers degree and noncredit adult education classes.

Higher Education Services

(703) 845-6301 Fax (703) 845-6485

Offers programs for ages 19 and over in general and special education. Provides an accredited college transfer program that meets standards acceptable for transfer to baccalaureate degree programs in 4-year colleges and universities. Offers morning, afternoon, evening, and weekend classes.

Tip

Alexandria Public Library Special Events

Puppet shows and other special activities occur throughout the year at the branches, especially during Children's Book Week in November. Check branch schedule for more information or see www.alexandria.lib.va.us.

Alexandria Public Library System

Branch Locations and Hours

Kate Waller Barrett Branch

(703) 838-4555

717 Queen Street

Alexandria, VA 22314-2420

Hours: M-Th, 9 a.m.-9 p.m.; F, 9 a.m.-6 p.m.;

Sa, 9 a.m.-5 p.m.; Su, 1-5 p.m.

(From the first Sunday after Labor Day to the Sunday before Memorial Day. Local History, located in this branch, is closed on Sundays.)

Charles E. Beatley, Jr. Central Library

(703) 519-5900

5005 Duke Street

Alexandria, VA 22304-2903

Hours: M-Th, 9 a.m.-9 p.m.; F, 9 a.m.-6 p.m.;

Sa, 9 a.m.-5 p.m.; Su, 1-5 p.m.

Ellen Coolidge Burke Branch

(703) 519-6000

4701 Seminary Road

Alexandria, VA 22304

Hours: M-Th, 9 a.m.-9 p.m.; F, 9 a.m.-6 p.m.;

Sa, 9 a.m.-5 p.m.

James M. Duncan Branch

(703) 838-4566

2501 Commonwealth Avenue

Alexandria, VA 22301

Hours: M-Th, 9 a.m.-9 p.m.; F, 9 a.m.-6 p.m.;

Sa, 9 a.m.-5 p.m.

Local History Special Collections

(703) 838-4577 ext.213

717 Queen Street

Alexandria, VA 22314-2420

Hours: M-Th, 9 a.m.-9 p.m.; F, 9 a.m.-6 p.m.;

Sa, 9 a.m.-5 p.m.

Parenting Classes

Alexandria Department of Human Services- Office for Early Childhood Development Parent Nurturing Programs

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0765

Hours: M-F, 8 a.m.-5 p.m.

Parents and children (ages four to eleven) attend sessions together, and parents learn effective, positive parenting skills. Classes are offered from September to May, on Thursday evenings. A light supper is provided, and child care is available for babies and toddlers. Call for information.

Parents & Families - Education

Alexandria City Public Schools Telephone Numbers

Telephone Directory/Information	(703) 824-6600
FAX (Administrative Offices)	(703) 824-6699
TDD	(703) 824-6666
Job Hotline (24-hour)	(703) 824-6600
Sports Hotline (24-hour)	(703) 821-5304

Accounts Payable	(703) 824-6648	Information and Outreach	(703) 824-6635
Administrative Transfers	(703) 824-6616	Instructional Technology Services	(703) 461-4040
Adult Learning Center	(703) 461-4179	Kindergarten Registration	(703) 824-6680
Athletic Events	(703) 824-6860	Primary Education	(703) 824-6680
Attendance Zones	(703) 824-6635	PTA Council	(703) 461-7544
Budget	(703) 824-6644	Records and Transcripts	(703) 824-6722
Building Rental	(703) 824-6688	Safety	(703) 824-6688
Bus Transportation	(703) 461-4169	Scholarship/Financial Aid	(703) 824-6730
Business Partnerships	(703) 824-6639	School Board Clerk	(703) 824-6614
Child Find	(703) 824-6708	School Lunch Program	(703) 824-6640
Community Education	(703) 824-6845	School Nurse's Office	(703) 824-6650
Compensation (Employee)	(703) 824-6658	School Psychologist's Office	(703) 824-6650
Curriculum	(703) 824-6680	Security	(703) 824-6690
Discipline (Students)	(703) 824-6616	Social Workers' Office	(703) 824-6616
Driver Education	(703) 824-6707	Special Ed. Parent Resource Center	(703) 706-4552
Dropout Prevention	(703) 824-6631	Student Services	(703) 824-6650
Educational Facilities	(703) 824-6686	Special Funds (Grants)	(703) 824-6645
Employment Training Program	(703) 461-4197	Substance Abuse	(703) 824-6707
English as a Second Language	(703) 461-6550	Superintendent's Office	(703) 824-6610
Financial Services	(703) 824-6646	Testing	(703) 824-6638
GED Test Center	(703) 461-4197	Textbook Storage	(703) 824-6654
Graduation Requirements	(703) 824-6839	Vocational Education	(703) 824-6633
Homebound Instruction	(703) 824-6704	Volunteer Services	(703) 824-6639
Human Resources	(703) 824-6665		

Parents & Families - Health

Family Center of the Arlandria Health Center for Women & Children

3804 Executive Avenue, #D-1
Alexandria, VA 22305
(703) 535-7930 Fax (703) 535-7950
Hours: M-F, 9 a.m.-4 p.m.

Fees: Sliding fee; income limits.

Offers bilingual counseling for individuals, families, or couples; case management; art and play therapy for children; and parenting classes. Serves Arlandria Health Center clients primarily.

Healthy Families—Alexandria Northern Virginia Family Services

5249 Duke Street, Suite 308
Alexandria, VA 22304
(703) 370-3223 Fax (703) 751-5197
www.nvfs.org
Hours: M-F, 9 a.m.-5 p.m.

Provides parenting guidance and education to vulnerable first-time families. Family support workers visit expectant parents in the home, help mothers keep prenatal appointments, and promote healthy pregnancies. After birth, weekly family visits enhance parents' understanding of child development and needs.

Northern Virginia Urban League, Inc.—Resource Mothers

1315 Duke Street
Alexandria, VA 22314
(703) 836-2858 Fax (703) 836-8948
Hours: M-F, 9 a.m.-5 p.m.

Free service matches pregnant teens or women experiencing problem pregnancies with a volunteer mother trained to encourage proper prenatal care, nutrition, and parenting skills. Clients and their individual mentors try to develop a close working relationship. Mentors work with mothers until the child is age 2.

Stop Child Abuse Now of Northern Virginia (SCAN)

2212 Mt. Vernon Avenue
Alexandria, VA 22301-1314
(703) 836-1820

www.scanva.org

Hours: M-F, 9 a.m.-5 p.m.

Operates three programs:

Parent Education Program includes parenting classes, workshops, *Success by 6* developmental play groups, and parent support groups to increase parenting skills and knowledge to decrease incidence of child abuse.

Court Appointed Special Advocate (CASA) Program trains court advocate volunteers for child victims abuse/neglect.

Public Education Program promotes child well-being through informational brochures, newsletters, parenting literature, and public service announcements, as well as through other educa-

tional and public awareness activities via speaking engagements and participation in community events.

Outpatient Medical Services

Alexandria Hospital—INOVA Health Care System

4320 Seminary Road
Alexandria, VA 22304
(703) 504-3000 Registration
www.inova.org

Hours: M-F, 8:30 a.m.-5 p.m. (Radiology has Sa hours)

Fees: Set fee; accepts Medicaid, Medicare, insurance.

INOVA Health Care System is a not-for-profit health care organization based in Northern Virginia, consisting of hospitals and other health services, including emergency and urgent care centers, home care, nursing homes, mental health, blood donor services, and wellness classes.

Alexandria Health Department

517 N. Saint Asaph Street
Alexandria, VA 22314
(703) 838-4400

Hours: M-F, 8 a.m.-4:30 p.m. (Call first; clinic hours vary)

Fees: Accepts Medicaid, Medicare, income-based sliding fees.

Among the many services available are vaccines against measles, rubella, polio, diphtheria, mumps, pertussis, tetanus, influenza, Type B hepatitis, and pneumococcal pneumonia; environmental health services; family planning services; well child pediatric services; confidential diagnosis, treatment, and counseling on sexually transmitted diseases; tuberculin testing and diagnostic chest X-rays; confidential or anonymous HIV testing and early intervention services; adult and child dental services; nutritional education and food vouchers for women, infants, and children (WIC); and processing of birth and death certificates.

Alexandria Health Department—Adolescent Clinic

3701 W. Braddock Road
Alexandria, VA 22302
(703) 519-6006

Hours: M-F, 10 a.m.-5 p.m. (Call ahead; appointments preferred; stops taking patients at 3:35 p.m.)

Provides a variety of free health services to adolescent City of Alexandria residents, ages 12 through 19. Includes physical exams, treatment of minor illnesses, immunizations, family planning, pregnancy testing, treatment of sexually transmitted diseases, HIV counseling and testing, mental health and substance abuse counseling. Virginia law requires parental consent for physicals, treatment of minor illness or injury, and immunizations.

Parents & Families - Health

Immunizations

Many adults don't know they are supposed to get immunized against diseases. They think vaccinations are for kids. There are millions of adults in this country who need influenza, pneumococcal, tetanus, diphtheria, hepatitis B, and other vaccines. Are you one of them? Getting immunized is a lifelong, life-protecting job. You and your health professional should keep your vaccinations up to date! Don't leave your doctor's office without making sure that you've had all the shots you need.

Influenza (flu shot)

The "flu shot" is recommended every fall for people age 50 or older; women who will be in their 2nd or 3rd trimester of pregnancy during flu season; residents of long-term care facilities; people younger than 50 who have medical problems such as heart or lung disease (including asthma), diabetes, kidney disease, or an immune system weakened by disease or medication; and those who work with or live with any of these individuals.

Measles, mumps, rubella (MMR)

One dose is recommended for those born in 1957 or later if that person has not been previously vaccinated. A second dose of MMR may be required in some work or school settings or recommended for international travel. People born before 1957 are usually considered immune.

Pneumococcal (pneumonia shot)

The "pneumococcal shot" is recommended one time at age 65 (or older if it was not given at 65). This shot is also recommended for people younger than 65 who have certain chronic illnesses. Some individuals with particular health risks will need a one-time revaccination dose 5 years later. Consult your doctor.

Tetanus, diphtheria (Td; often referred to as a tetanus shot)

If you haven't had at least three basic tetanus-diphtheria shots in your lifetime, you need to complete the series listed below:

dose #1 now

dose #2 1 month after dose #1

dose #3 6 months after dose #2

And all adults need a booster dose every 10 years.

The following are given based on individual risk. Consult your health professional to determine your level of risk for infection and your need for any of these vaccines.

Meningococcal (meningitis shot)

If you are a young adult going to college, ask your doctor about your risk of meningococcal disease and your need for vaccination.

Hepatitis B

dose #1 now

dose #2 1 month after dose #1

dose #3 usually given 5 months after dose #2

Hepatitis A

Hepatitis A vaccine is recommended for many adults, including travelers to certain areas outside the U.S.*

dose #1 now

dose #2 usually given 6 months after dose #1

***Note: If you need both hepatitis A and B vaccines, a combination product is available that is given on a three-dose schedule. Consult your health professional.**

Tip

International Travelers

Do you travel outside the United States? If so, you may need additional vaccines, as well as hepatitis A. The Centers for Disease Control and Prevention (CDC) operates an international traveler's immunization hotline. Call (877) 394-8747 or visit CDC's website at www.cdc.gov/travel to obtain information about required and/or recommended shots for your destination. You may also consult a travel clinic or your physician.

Parents & Families - Health

Alexandria Health Department– Flora Casey Health Center

1200 N. Howard Street

Alexandria, VA 22304

(703) 519-5982 Services are by appointment only.

Hours: M-F, 8 a.m.-5 p.m.; closed holidays

Fees: Income limit, sliding fees, accepts Medicaid/Medicare.

Adult Care offers limited primary care services for adults with diagnosed chronic disease (diabetes, hypertension, etc.). Applications received daily at the nurses' station must include written documentation of diagnosis. Applicants must be medically and administratively eligible Alexandrians (resident at least 3 months) 19 years and older.

Prenatal Care provides outpatient medical management of uninsured (and Medicaid-eligible) routine and high-risk pregnant women and teens in the City of Alexandria by physicians, midwives, and public health nurses from positive pregnancy test through delivery (cost of delivery not included). Referrals for support services, postpartum, and family planning care included. Applications received Tu, W, F from 1-3 p.m. Must meet residence and income eligibility requirements.

Alexandria Health Department– HIV/AIDS Information & Referral

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4400 (703) 838-4038

Hours: M-F, 8:30 a.m.-5 p.m.

Fees: No charge.

Offers professional staff to speak to citizen groups on HIV/AIDS, sexually transmitted diseases, reproductive health issues, infectious diseases, and other health-related subjects. Presentations can feature pamphlets and audiovisuals.

Alexandria Health Department–Pediatric Care

Flora Casey Health Center

1200 N. Howard Street

Alexandria, VA 22304

(703) 519-5979

Hours: Sick walk-in M-F, 8 a.m.-9 a.m.

Provides daily walk-in services for City of Alexandria children under 17 with acute and chronic illness (does not provide routine well child care). Must be signed in for sick care by 9:00 a.m. (will see first 20 registered patients); must meet income and residence eligibility requirements.

Alexandria Health Department–TB Control Refugee & Immigrant Health Program

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4400 ext. 235

Hours: M-F, 8:30 a.m.-5 p.m. Call for appointment.

Coordinates and facilitates initial health assessments of all newly arriving immigrants with refugee or asylum status in the

City of Alexandria. Assists with referrals for follow-up of identified health-related problems.

Alexandria Health Department Women, Infant & Children Program (WIC)

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4879

Hours: M-Th, 8 a.m.-4:30 p.m.; F, 8 a.m.-noon. Call for appointment.

Fees: Free, but income limits.

Provides a nutrition program aimed at improving the health of pregnant women, infants and children (under 5) through better nutrition and access to health care. Provides health screening, nutrition counseling and information, referral to health care, and vouchers for nutritious foods such as milk, eggs, fruit juice, iron-fortified cereal, and dry beans. Promotes breast-feeding as the optimal choice for infant feeding and provides information on breast-feeding and support to breast-feeding mothers.

Arlandria Health Center for Women & Children

3804 Executive Avenue, #D-1

Alexandria, VA 22305

(703) 519-1725

Hours: MWTh, 8:30 a.m.-5:30 p.m.; Tu, 8:30 a.m.-7:30 p.m.; F, 8:30 a.m.-3:30 p.m. (closed daily 12-1:30 p.m.)

Fees: Income limit, sliding fee; accepts Medicaid, FAMIS, and UNICARE. Clients must apply for clinic card. Must make appointment for physical.

Provides a full range of primary and preventive services geared toward Hispanic families and offered during flexible days and

Health Education Resources

American Cancer Society

www.cancer.org

Service to cancer patients and their families, including education, patient services and rehabilitation, and transportation to treatment.

American Diabetes Association (703) 549-1500

www.diabetes.org

Provides information and advice for people with diabetes and their families, plus nutrition information and recipes.

American Heart Association (703) 941-8500

www.americanheart.org

Provides information on heart disease and stroke, blood pressure screening, CPR, and nutrition classes.

Y-Me of the National Capital Area (703) 461-9616

www.y-menca.org (also see www.yme.org)

Breast cancer support and information.

Parents & Families - Health

hours. Services are by appointment only and include treatment of minor illness, well child care, family planning, and well woman care.

Family Care Medical Center Clinic Hispana

4810 Beauregard Street, Suite 206B
Alexandria, VA 22312

(703) 916-1211 (703) 916-1213

24-hour answering service, immediate care.

Fees: \$45 per visit (labs additional); accepts uninsured; Medicaid and Unicare by appointment.

Offers reasonable care and a variety of general medical services. Provides wellness care, health screening, examinations, minor surgery and labs, on-site X-ray, and EKG.

Queen Street Clinic

1000 Queen Street
Alexandria, VA 22314

(703) 299-9701 Fax (703) 299-9703

Hours: M-F, 8 a.m.-6 p.m.; Sa, 8 a.m.-12 p.m. (by appointment; same-day evening appointments available)

Fees: \$45 per office visit.

Offers lower-cost medical care for men, women, and children, specializing in those without health insurance. Provides care for acute and chronic illness and for less-than-major injuries. Does physicals; well baby, well child, and well woman check-ups. Care provided by a Family Nurse Practitioner with consultation and review by a licensed MD.

Dental Care

Alexandria Health Department–Dental Clinic

517 N. Saint Asaph Street
Alexandria, VA 22314

(703) 838-4420

Hours: M-Th, 9 a.m.-4 p.m. (adult & children); F, 9 a.m.-12 p.m. (adults only)

Fees: income limit; sliding fee scale.

Provides extractions and emergency dental help for adults, and comprehensive dental care for children.

Information & Referral

Alexandria Medical Society, Inc.

P. O. Box 10239

Alexandria, VA 22315

(703) 934-9282 Fax (703) 934-8449

Hours: M-F, 9 a.m.-4:30 p.m.

Provides information on physicians and their medical specialties. Refers patients to physicians.

Tip

Baby Blues

Some new mothers go through what is known as the “baby blues,” or postpartum blues. These “blue” or sad feelings may happen to you before your baby is born or afterward. You may feel worried, tense, or tired or feel like crying over things that normally don’t bother you.

It may help to talk about your feelings with others and accept offers of help from family and friends—meal preparation, housework, or shopping. If these feelings continue past a couple of weeks or seem to become more severe, you may be experiencing postpartum depression. Contact your obstetrician or Alexandria Mental Health Center (703) 838-6400, or call the National Mental Health Association for a list of local affiliates at 1-800-969-NMHA or visit their website at www.nmha.org.

Crying is a newborn’s way of letting you know her needs or wants. She may cry because she is hungry, or wants to be held, or needs a dry diaper. Sometimes babies cry even when they have been fed, have clean diapers, and are healthy: she may simply be tired or bored.

Try these methods to calm your baby:

- Rock your baby in your arms
- Stroke your baby’s head very gently
- Lightly pat your baby’s back or chest
- Softly sing to your baby or play soft music
- Wrap your baby up in a baby blanket, but not too tightly
- Carry your baby with you to help your baby cry less!

Prenatal Care

Health Care Referral Health Source (INOVA Health Care System)

(703) 204-3366 TTY (703) 204-3329

www.inova.org

Offers health-related information, referral to physicians and community health resources, health information library, lectures, seminars, nutrition counseling, and expectant parent program.

Parents & Families - Health

Healthy Families—Alexandria Northern Virginia Family Services

3589 Duke Street, Suite 309

Alexandria, VA 22304-6304

(703) 370-3223

www.nvfs.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: No charge.

Eligibility: Alexandria residents; first-time pregnant or first infant. Provides parenting guidance and education to vulnerable first-time families. Family support workers visit expectant parents at home, help mothers keep prenatal appointments, and promote healthy pregnancies. After birth, weekly family visits enhance parents' understanding of child development and needs.

Lamaze—D.C. Chapter

8134 Viola Street

Springfield, VA 22152

Registrar: (703) 549-2226

www.lamaze-dc.com

Hours: M-F, 9 a.m.-3 p.m.

Offers instruction in the Lamaze method of prepared childbirth. Teaches relaxation, breathing, nutrition, exercise, stages of labor and delivery, medications, breast-feeding, and newborn care. Also offers postpartum coffees 6 weeks after delivery to help with parenting issues. Classes meet once a week for 5-7 weeks throughout the metro area. Call for information and schedules.

National Hispanic Prenatal Hotline

(800) 504-7081

Hours: M-F, 9 a.m.-6 p.m.

Offers Hispanic expectant mothers or mothers of newborns, partners, relatives, and friends of Hispanic families answers to questions about prenatal issues; provides referrals to local prenatal care services capable of serving Hispanic consumers; and sends out Spanish and English written information to callers about prenatal issues.

Breast-feeding

Alexandria Hospital Lactation Center (INOVA)

(703) 504-PUMP (7867)

Offers a free weekly breast-feeding support group that meets on Wednesdays, 10-11:30 a.m., in the hospital cafeteria. The Center answers questions over the phone about breast-feeding and learning how equipment works. There is no charge for this service; however, appointments with a lactation consultant are fee-based. The Center rents and sells breast pumps and other breast-feeding aids.

About

Breast-feeding

Breast-feeding is the most effective way to help your baby build a healthy and strong immune system.

Breast-fed babies are less likely to develop allergies or tooth decay.

Human breast milk contains ALL the nutrition babies need each day, as well as other substances that help them develop and grow.

The American Academy of Pediatrics recommends breast-feeding for at least the first 12 months of life.

If you will be using a breast pump, you can keep your baby safe by using these guidelines for breast milk use and storage:

- Store breast milk in sterilized containers.
- Label containers with date/time that milk was pumped.

Follow these guidelines for storage and use of pumped breast milk:

- Refrigerated - use within 2 days OR
- Frozen - use within 2 weeks.

La Leche League of Virginia Breast-feeding Programs

Warm Line: (703) 534-8548

www.laleche.org

Offers help to mothers who wish to breast-feed their children. Provides mother-to-mother support, encouragement, information, and education. Promotes breast-feeding as an important part of health and development for mothers and babies. Call for information on local chapters and meeting locations.

Matters on Maternity

Alexandria Hospital (INOVA)

4320 Seminary Road

Alexandria, VA 22304

(703) 506-3636 (24 hours)

(703) 750-0344 Fax (703) 750-0419

www.inova.org

Hours: M-F, 9 a.m.-3 p.m.

Offers free advice on infant care and breast-feeding. Nurses answer new parents' questions.

Parents & Families - Human Services

National Youth Advocacy Organizations

American Professional Society on the Abuse of Children

(405) 271-8202
www.apsac.org

Annie E. Casey Foundation

(800) 222-1099
www.aecf.org

Child Abuse Prevention Center

(312) 663-3520
www.preventchildabuse.org

Child Abuse Prevention Network

<http://child-abuse.com>

Child Welfare League of America

(202) 638-2952
<http://cwla.org>

Childhelp USA

(800) 422-4453
www.childhelpusa.org

Children's Defense Fund

(800) 233-1200
www.childrensdefense.org

Congress.org

(800) 659-8708
<http://congress.org/congressorg/home>

Connect for Kids

www.connectforkids.org

**Council for Exceptional Children
 Division for Early Childhood**

(703) 620-3660
www.cec.sped.org

National Adoption Information Clearinghouse

(888) 251-0075
www.calib.com/naic

National Black Child Development Institute, Inc.

(800) 556-2234
www.nbcdi.org/start.htm

National CASA (Court Appointed Special Advocate)

(800) 628-3233
<http://nationalcasa.org>

National Center for Children in Poverty

(646) 284-9600
www.nccp.org

National Center for Missing and Exploited Children

(800) 843-5678
www.missingkids.com

National Clearinghouse on Child Abuse and Neglect

(800) 394-3366
www.calib.com/nccanch

National Council of La Raza

(202) 785-1670
www.nclr.org

**National Criminal Justice Reference Service
 Juvenile Justice Clearinghouse**

(800) 851-3420
www.ncjrs.org

National Education Association

(202) 833-4000
www.nea.org

National Head Start Association

(703) 739-0875
www.nhsa.org

**National Information Center for Children &
 Youth with Disabilities**

(800) 695-0285 Voice/TTY
www.nichcy.org

Parents Anonymous

(909) 621-6184
www.parentsanonymous.org/paIndex1.htm

**Promising Practices on Children, Families &
 Communities**

(310) 393-0411, ext 7172
www.promisingpractices.net

Parents & Families - Human Services

Selected City Boards & Commissions Advocating for Children, Youth & Families

Alexandria has a strong commitment to citizen participation, evidenced by its numerous citizen boards and commissions. These bodies constitute a formal system through which citizens advise the Council on major issues affecting the City. Boards and commissions are responsible to the City Council, which makes member appointments during its regular legislative meetings. Position vacancies are advertised in the local newspapers and through civic associations. Citizens may contact the Office of Citizen Assistance at (703) 838-4691 for information on the appointment process. Descriptions of boards and commissions that advocate for children, youth, and families follow, along with the regular meeting time and a telephone number to call for information.

COMMISSION FOR WOMEN provides guidance and advice to eliminate discrimination because of sex; encourages equal opportunity for women in employment, recreational opportunities and facilities, health services, housing, education, government, community services and credit; recommends legislation and policy changes; receives complaints of discrimination; and conducts educational programs. Meets monthly (second Tuesday 7 p.m.); (703) 838-5030.

COMMUNITY POLICY AND MANAGEMENT TEAM manages the cooperative effort to serve the needs of troubled and at-risk youths and their families, and maximizes the use of state and city resources in the City so designated. Meets monthly (third Wednesday 3 p.m.); (703) 838-4144.

COMMUNITY SERVICES BOARD provides policy and budget direction, project development, and program oversight for all mental health, mental retardation, and substance abuse services. The Board is also responsible for the development and implementation of a human rights policy for local programs providing services to the mentally ill, mentally retarded, and substance abusers. Meets monthly (first Thursday 7:30 p.m.); (703) 838-4455.

EARLY CHILDHOOD COMMISSION develops an Early Childhood Development Plan for the City, including funding recommendations; monitoring the coordination of activities required to implement the Plan; and preparing annual reports on the status of early childhood development programs. Meets monthly (first Monday 7 p.m.); (703) 838-0785.

ECONOMIC OPPORTUNITIES COMMISSION develops and recommends outreach and assistance programs for low-income residents. Meets monthly (third Wednesday 7:30 p.m.); (703) 838-0901.

PARK AND RECREATION COMMISSION advises City Council on all matters relating to parkland, recreation, and culture. It participates in planning recreational activities and services through its advice to Council and the Department of Parks, Recreation and Cultural Activities. The Commission also sponsors an awards program for service to the community. Meets monthly (third Thursday 7:30 p.m.); (703) 838-4842.

SOCIAL SERVICES ADVISORY BOARD interests itself in all matters pertaining to the social welfare of Alexandrians, monitors the formulation and implementation of social welfare programs in the City, and advises City officials on public welfare and day care policy issues. Meets monthly (third Monday 7:15 p.m.); (703) 838-0701.

YOUTH POLICY COMMISSION makes recommendations to the City Council on youth-related issues and on City policy for youth; analyzes outcomes of youth programs and services; and makes funding recommendations. It facilitates communication among government, public, and private organizations around issues affecting the City's youth; and also acts as the City's Youth Services Citizen Board. Meets monthly (first Wednesday 7 p.m.); (703) 838-0990.

Parents & Families - Human Services

Advocacy

Alexandria Citizen Assistance

301 King Street
 Alexandria, VA 22313
 (703) 838-4800 Fax (703) 838-6426 TTY (703) 838-5056
 Hours: M-F, 8 a.m.-5 p.m.
 Responds to individual citizen requests for information or complaints about City services.

Alexandria Human Rights Office

421 King Street, Suite 400
 Alexandria, VA 22314
 (703) 838-6390 Fax (703) 838-4976 TTY (703) 838-6390
 Hours: M-F, 8 a.m.-5 p.m.
 Investigates and processes discrimination complaints within City limits in the areas of employment, housing, commercial real estate, credit, public accommodations, education, health/social services, and City contracts. Resolves and mediates informal complaints and provides technical assistance to employers, landlords, and schools. Covers the protected classes of race, sex, marital status, national origin, age, disability, ancestry, color, religion, sexual orientation, and familial status.

Alexandria United Way

300 N. Washington Street, Suite 100
 Alexandria, VA 22314
 (703) 549-4447 Fax (703) 548-8894
www.unitedwaynca.org
 Hours: M-F, 9 a.m.-5 p.m.
 Mobilizes citizen volunteers to study and seek solutions to human service delivery problems. Comments on local, regional, and state legislative issues and works to improve human services through advocacy and coordination. Awards grants to United Way campaign participating agencies for programs and services addressing critical needs in Alexandria.

Child Welfare, Advocacy & Support

Alexandria Court Appointed Special Advocates (CASA)

2210 Mt. Vernon Avenue
 Alexandria, VA 22301-1313
 (703) 836-1820 Fax (703) 836-1248
www.scanva.org
 Hours: M-F, 9 a.m.-5 p.m.
 A free program of Stop Child Abuse Now (SCAN) of Northern Virginia that accepts referrals (under 18) from the Alexandria Juvenile and Domestic Relations Court in abuse, neglect, or custody cases. Provides trained volunteers to spend time with

a child and his/her family; consults with involved professionals; develops recommendations; and monitors compliance with court orders.

Alexandria Department of Human Services Virginia Division of Social Services Child Welfare Services

2525 Mt. Vernon Avenue
 Alexandria, VA 22301
 (703) 838-0800
 (800) 552-7096 Toll-free 24-hour Virginia Child Abuse Hotline
 Hours: Daily, 24 hours; Office: M-F, 8 a.m.-5 p.m.

Adoption Services are available for children who need permanent homes. Offers foster care for children prior to adoption. Services include counseling for unintended pregnancies, court reports for stepparent adoptions, and search assistance for adult adoptees. Persons interested in adopting a child may call (703) 838-0769 (training provided).

Child Protective Services receives and investigates allegations of child abuse or neglect on a 24-hour basis. Provides treatment and follow-up services to families at risk of abuse or neglect. Provides information on child abuse, advocacy, and referral services. During the day call (703) 838-0800; after hours call the toll-free hotline (800) 552-7096.

Comprehensive Services Act (CSA) for At-Risk Youth and Families coordinates activities and services provided under the Act for at-risk youth and their families. An inter-agency assessment and planning team works with families to develop individual service plans for each eligible youth referred to the team. Referrals are made through agency case workers.

Foster Care Services are available to children who need protection and are placed in the custody of the agency by the Juvenile Court. The program provides children with a temporary place to live in a foster home or other appropriate living arrangement. Provides counseling for children's families with the goal of permanency for the child. Persons interested in foster parenting may call (703) 838-0771 (training provided).

Hispanics Against Child Abuse & Neglect (HACAN)

P. O. Box 1802
 Falls Church, VA 22041
 (703) 208-1550 Fax (703) 208-1540
hacanva@hotmail.com

Assists local agencies with the prevention of child abuse and related issues; promotes educational programs to increase public awareness of child abuse and neglect.

Legal Services of Northern Virginia

603 King Street, 4th Floor
 Alexandria, VA 22314
 (703) 684-5566 Fax (703) 684-0946
 Hours: T-F, 9 a.m.-5 p.m.

Fees: Income limit, no charge.

Provides legal help for children in the judicial, child welfare, health care, and educational systems. (No traffic, criminal cases)

Parents & Families - Human Services

Our Kids–Our Business Campaign Be a Hero! Protect - Foster - Adopt Alexandria's Children

The Alexandria Child Welfare Partnership was established in 2001 to help our community learn more about reporting and preventing child abuse and neglect, and to recruit foster and adoptive parents. This citizen-led group includes these community partners: Alexandria Department of Human Services; Court Appointed Special Advocates (CASA); Foster Parents; Healthy Families America; Public Health Nurse; Social Services Advisory Board (SSAB); Stop Child Abuse Now (SCAN); and Volunteer Emergency Foster Care. The Our Kids–Our Business (OK! Be a Hero!) campaign, sponsored by the Partnership, uses a variety of media: brochures, website (www.ourkids-ourbusiness.org), community presentations, electronic newsletters, and a 20-minute video to take the child protection message to as many members of the community as possible. Many people do nothing when they witness child abuse or neglect because they don't know how to help. The goal of the OK campaign is to involve the entire Alexandria community in protecting our children and keeping our families healthy. Here are the ways YOU can be a hero to Alexandria's children:

- **Give a child a foster home. Become a foster parent! Call (703) 838-0771.**
- **Adopt and love a child. Become an adoptive parent! Call (703) 838-0766 or 0769.**
- **Keep our children safe. Report suspected child abuse and neglect! Call (703) 838-0800 or (800) 552-7096.**

Recognizing Child Abuse and Neglect

Scratches, cuts, and bruises are an unavoidable consequence of child's play, making it sometimes difficult to distinguish the normal bumps and scrapes of childhood from serious signs of possible child abuse. Physical injuries may be clues, but other signs of abuse and neglect may not be as obvious. Following is a listing of possible indicators that a child may be experiencing physical, sexual, or emotional maltreatment. Keep in mind that these symptoms are all nonspecific and could very well result from a number of causes—not just child abuse. However, if you suspect a child's injuries or behavior are suspicious, get involved and make a call.

Behavioral Indicators

Physical Abuse

- Reports injury by caretaker
- Uncomfortable with physical contact
- Complaints of soreness or moves uncomfortably
- Wears clothing inappropriate to weather (to cover body)
- Afraid to go home; chronic runaway (teens)
- Behavior extremes (withdrawn, aggressive)
- Apprehensive when other children cry

Physical Neglect

- Reports no caretaker at home
- Beggars, steals food
- Frequently absent or tardy
- Constant fatigue, listlessness, or falling asleep in class
- Extended stays at school (arrives early/leaves late)

Sexual Abuse

- Reports sexual abuse
- Highly sexualized play
- Detailed, age-inappropriate understanding of sexual behavior
- Suicide attempts
- Deterioration in academic performance
- Sudden, noticeable behavior changes

Emotional Maltreatment

- Habit disorders (sucking, biting, rocking in older kids)
- Antisocial, destructive, passive/aggressive behavior extremes
- Appears to derive pleasure from hurting others or animals
- Appears anxious, depressed, overly compliant

Physical Indicators

Physical Abuse

- Unexplained bruises on face, torso, back, buttocks, thighs
- Multiple unexplained injuries in various stages of healing
- Bruises/welts resembling instrument used—belt, cord
- Human bite marks
- Injuries regularly appearing after absence, weekend, etc.
- Unexplained fractures, lacerations, abrasions

Physical Neglect

- Consistent hunger, poor hygiene
- Unattended physical problems or medical needs
- Consistent lack of supervision
- Abandonment

Sexual Abuse

- Difficulty walking or sitting
- Pain or itching in genital area
- Torn, stained, or bloody underclothing
- Bruises/bleeding in external genitalia
- Sexually transmitted disease (pre-teens)
- Pregnancy

Emotional Maltreatment

- Speech disorders
- Delayed physical, emotional, intellectual development
- Learning problems

Parents & Families - Human Services

Stop Child Abuse Now of Northern Virginia (SCAN)

2212 Mt. Vernon Avenue
Alexandria, VA 22301-1314
(703) 836-1820 Fax (703) 836-1248
www.scanva.org

Hours: M-F, 9 a.m.-5 p.m.

Offers community outreach and public education efforts to raise community awareness of, and to prevent, child abuse and neglect. Offers educational, supportive programs for parents around parenting skills, communicating with children, managing stress, discipline and alternatives, and other concerns.

Virginia Department of Social Services—Child Support Enforcement Services

(703) 706-5814 Fax (703) 706-5837
www.dss.state.va.us/family/dcsecase.cgi

Hours: M-F, 8 a.m.-5 p.m.

Eligibility: Residents of, or persons whose child support agreement originated in, the City of Alexandria.

Provides a variety of child support enforcement services for custodial parents and their dependent children. Locates persons who are or may be legally responsible for paying child support; establishes paternity; establishes and enforces child support orders; and collects and disburses payments.

Emergency Financial Assistance

Alexandria Department of Human Services Office of Community Services

2525 Mt. Vernon Avenue
Alexandria, VA 22301
(703) 838-0901 Fax (703) 836-2104
Hours: M-F, 8 a.m.-5 p.m.

Fees: Income limit, no charge.

Provides referrals, assistance, and follow-up casework to income-eligible families and individuals in emergencies and financial crisis, including temporary shelter and relocation assistance, help with rent/housing, utilities (heating/cooling through Energy Share), food, clothing, and medications. Also provides transitional assistance to ex-prisoners returning to Alexandria after release from Virginia correctional facilities.

Catholic Charities Emergency Assistance

131 S. West Street
Alexandria, VA 22314
(703) 548-4227 Intake after hours (703) 683-1748
www.ccca.net

Hours: M-F, 8 a.m.-3:30 p.m.

Offers financial aid for rent, utilities, prescriptions, and transportation. Provides emergency food with referral from social services. No religious affiliation required.

Catholics for Housing, Inc.

10056 Dean Drive
Manassas, VA 20110-4115
(703) 330-1541 Fax (703) 330-1542
www.catholicsforhousing.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Income limit, no charge.

Promotes affordable housing by sponsoring development of low or moderate income housing. Oversees management of several rent-assisted family apartment units. Provides security deposit help to a limited number of very low-income applicants.

Hispanic Committee of Virginia

4660 Kenmore Avenue, Suite 210
Alexandria, VA 22304
(703) 370-3150 (703) 370-0618 (703) 370-3151
www.hispaniccommitteeofvirginia.org

Hours: M-F, 8 a.m.-4:30 p.m.

Bilingual staff assists clients with direct social services, case management, orientation, health referrals, crisis intervention, and emergency financial assistance (e.g., rent, medicine, food).

Employment

Employment Services/ Unemployment Assistance

Alexandria City Employment Information

301 King Street (City Hall), Room 2500
Alexandria, VA 22314
(703) 838-4422
Hours: M-F, 8 a.m.-5 p.m.

Call for recorded job announcements. Position requirements vary by job. Submit a City application to apply for positions.

Alexandria Department of Human Services— JobLink

2914 Business Center Drive
Alexandria, VA 22314
(703) 838-4316 Fax (703) 548-0483
Hours: M-F, 8 a.m.-5 p.m.

Assists unemployed and underemployed residents, including older workers, persons with disabilities, and low-income residents and youth, to search for employment. Offers career assessments, training opportunities, job counseling, job preparation, and job placement services. *JobLink* also provides consolidated social work services, through the Virginia Initiative for Employment Not Welfare Program. A VIEW client receiving public benefits has a team (Child Care Social Worker, Financial Eligibility Worker, and Employment Training Specialist) that works to address any social service barriers that might prevent successful employment.

Parents & Families - Human Services

Alexandria Office on Women Women's Services & Community Education

421 King Street, Suite 400

Alexandria, VA 22314

(703) 838-5030 Fax (703) 838-4976

Hours: M-F, 8 a.m.-5 p.m.

Fees: No charge for counseling. Fees for some programs.

Provides direct services, seminars, and workshops on issues affecting women (e.g., employment, financial security, health issues, balancing personal, professional issues, and others).

Coordinates community education and awareness programs.

Legal Services of Northern Virginia

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566

www.legalaidhelp.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Income limit, no charge.

Provides legal representation in cases of wrongful discharge, discrimination, and denial of unemployment benefits.

Senior Services of Alexandria

121 N. Saint Asaph Street

Alexandria, VA 22314

(703) 894-0311 Fax (703) 836-1252

www.seniorservicesalex.org

Hours: M-F, 9:30 a.m.-5:30 p.m.

Offers free professional counselors to seniors entering the job market for the first time, returning after absence, or transition. Counselors match employers with skills and interest of applicants. Job openings range from part- to full-time, temporary to permanent, and professional to skilled labor.

Virginia Employment Commission

5520 Cherokee Avenue, Suite 100-A

Alexandria, VA 22312

(703) 813-1300 (703) 813-1338

www.vec.state.va.us

Hours: MTThF, 8:30 a.m.-4:30 p.m.; W, 9 a.m.-4:30 p.m.

Accepts applications and administers employment and unemployment benefits for persons who have worked in Virginia and others who are legally eligible to work in U.S. Offers free job counseling, testing, and job placement; free workshops on interviewing skills, use of computers for Internet job search, resumé writing, self-assessment, job networking, budgeting, and coping with job loss. Provides information about Northern Virginia Community College courses and skills training. Offers adult basic education, vocational counseling, and Education for Independence in the on-site Learning Center. Veterans of the U.S. Armed Forces may receive additional assistance.

Financial Assistance Programs

Alexandria Department of Human Services Division of Social Services

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0700

Hours: M-F, 8 a.m.-5 p.m.

Fees: Free; some programs have financial eligibility guidelines.

Offers a variety of services for youth and families, as well as specific programs for low-income families, such as financial assistance, food stamps, medical assistance, and day care. The Department's general mission is to assist City residents to become self-sufficient, self-supporting, and contributing members of their families and communities.

Temporary Assistance to Needy Families TANF/Unemployed Parent provides payments to families with children under 18 (1) who are deprived of parental support or (2) whose primary wage earner is un- or under-employed.

Food Stamps-EBT is the process that the Virginia Department of Social Services uses to deliver benefits from the Food Stamp program. The card used to deliver Food Stamp Benefits electronically in Virginia is the Cardinal Card.

General Relief provides cash payments and limited medical assistance to adults who are temporarily unable to work because of illness, injury, or disability.

Medicaid provides payment for medical care for low-income families and elderly/disabled persons. NOTE: persons who do not have a legal status are eligible for limited emergency Medicaid coverage if they meet the other income guidelines.

State and Local Hospitalization (SLH) provides payments for hospital charges only. Application must be made within 30 days after discharge and must meet financial guidelines.

Refugee Assistance Program provides cash and/or medical benefits to legal refugees.

Fuel Assistance helps low-income persons and families pay a portion of their utility bills during the winter months.

Applications for all financial benefit programs are accepted on a walk-in-basis, Monday through Friday (on Thursday mornings, eligibility workers are not available for individual interviews, but applications for any financial benefit program may be left with the front desk). Please bring with you the following information that will be used to establish your eligibility:

- Verification of income, including bank account statements
- Life insurance policies
- Social Security numbers (yours and your children's)
- Birth certificates of children
- Green card (INS I-551)
- Proof of residency

Parents & Families - Human Services

Northern Virginia Credit Counsel

801 N. Pitt Street, Suite 117
Alexandria, VA 22314
(703) 836-8772 (800) 747-4222
TTY (301) 212-9866 Fax (703) 548-7704
www.debtfreeforme.com
Hours: M-F, 9 a.m.-5 p.m.

Provides assistance in renegotiating delinquent home mortgage and other credit payments. Counselor contacts creditors and arranges for repayment schedule, and assists those needing reverse mortgages and first-time home buyers.

Salvation Army

1804 Mt. Vernon Avenue
P. O. Box 2245
Alexandria, VA 22301
(703) 836-2427 Fax (703) 548-8789
Hours: M-F, 9 a.m.-4 p.m.
Fees: Income limit, no charge.

Offers a limited amount of emergency financial aid. Administers Washington Area Fuel Fund utility assistance Jan.-May unless funds are depleted earlier.

Homeless Family & Adult Emergency Shelters

Alexandria Community Shelter

2355B Mill Road
Alexandria, VA 22314
(703) 838-4239 Fax (703) 836-4264
Hours: Daily, 24 hours
Eligibility: 18 and over, must be referred by Alexandria Department of Human Services; income limit.
65-bed, City-owned shelter (Salvation Army operated); provides shelter, meals, individual and family case management, job assistance, social services, mental health/substance abuse counseling, and housing referrals to men, women, and families.

ALIVE! House-ALIVE! Inc. Transitional Housing

125 Payne Street
Alexandria, VA 22314
(703) 684-1430 Fax (703) 684-1431
www.alive-inc.com
alive.house@verizon.net
Hours: Daily, 24 hours

Provides a small, homelike shelter for women and families in emergency and transitional situations who need temporary housing for up to 12+ months. Provides support and case management for up to four families with the goal of independent living.

Beth El House, Inc.

c/o Beth El Hebrew Congregation

3830 Seminary Road
Alexandria, VA 22304
(703) 912-1992

Hours: M-F, 9 a.m.-5 p.m.

Provides long-term shelter to homeless women with children, with services to help them transition to independent living.

Carpenter's Shelter/David's Place Day Program/ Winter Shelter

930 N. Henry Street
Alexandria, VA 22314
(703) 548-7500 (703) 548-3051 Fax (703) 548-3167
www.carpentersshelter.org

Carpenter's Shelter (Hours: Daily, 24 hours), a privately operated 80-bed shelter for men, women, and families, offering case management to identify employment, housing, and other concerns. Shelter provides literacy, parenting, tutoring, and children's programs and features regular visits by mental health and substance abuse counselors, doctors, and nurses.

David's Place (Hours: M-F, 9 a.m.-5 p.m.; Sa/Su, 10 a.m.-4 p.m.) provides daytime drop-in services to homeless persons (showers, lockers, laundry, and phone).

Winter Shelter (Hours: Nov.-Apr. 15, 7 p.m.-7 a.m. daily) provides overnight shelter from inclement weather in winter months.

Cornerstone Transitional Housing

Salvation Army
1804 Mt. Vernon Avenue
P. O. Box 2245
Alexandria, VA 22301
(703) 836-2427 Fax (703) 548-8789
Hours: M-F, 9 a.m.-4 p.m.
Fees: Sliding fee scale.

Eligibility: Homeless Alexandria residents employed full time. Requires professional referral, application, and documentation. Provides transitional housing and services to homeless families to facilitate transition from shelter to independent living.

Homeless Intervention & Services

Alexandria Department of Human Services- Office of Community Services

2525 Mt. Vernon Avenue
Alexandria, VA 22301
(703) 838-0901 Fax (703) 836-2104
Hours: M-F, 8 a.m.-5 p.m.
Fees: Income limit, no charge.

Provides financial assistance to income-eligible persons facing eviction or foreclosure through no fault of their own. Provides referrals to residents in need of temporary shelter, assistance, and follow-up casework to those relocating from city shelters.

Parents & Families - Human Services

Homeownership Loans

Alexandria Office of Housing

2 Herbert Street

Alexandria, VA 22305

(703) 838-4622 Fax (703) 838-4309

Hours: M-F, 8 a.m.-5 p.m.

Fees: Income limits; fee for credit report required.

Eligibility: Low to moderate income first-time homeowners living and/or working in Alexandria.

Homeownership Assistance Program provides loans up to \$35,000 for principal reduction, down payment, and closing costs. Payment is deferred 99 years at zero interest.

Moderate Income Homeownership Program provides loans up to \$20,000 for principal reduction, down payment, and closing costs. Payment is deferred 99 years at zero interest.

Housing Advocacy Legal Aid

Legal Services of Northern Virginia

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566

www.legalaidhelp.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Income limit, no charge.

Provides free civil legal services to those who are homeless or threatened with loss of shelter in Northern Virginia. In addition to staff, private attorneys provide this service pro bono.

Human Services

Alexandria Department of Human Services

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0700 Fax (703) 836-2355

Hours: M-F, 8:30 a.m.-5 p.m.

Fees: Free; some programs have financial eligibility guidelines. Serves the diverse needs of Alexandria's citizens by promoting economic and social independence and self-sufficiency.

Family Services Division is mandated by federal and state laws to provide financial assistance and social services aimed at meeting basic needs, strengthening family life, and protecting children from abuse, neglect, and exploitation. Major programs include Temporary Assistance For Needy Families (TANF); General Relief; refugee assistance; State/Local Hospitalization; Family Access to Medical Security Insurance Plan (FAMIS); adoption programs; foster care; and Child Protective Services; also includes the Office of Youth Services and provides staff support to the Social Services

Advisory Board and the Youth Policy Commission.

Community Programs Division provides services that are designed to aid specific populations in the City to become self-sufficient and less dependent on the human services system. CPD operates through three program-specific offices: the Office of Adult Services, the Office of Early Childhood Development, and the Office of Community Services. In addition, this Division administers the City's Multicultural Initiative and provides staff support to the Commission on Aging, the Commission on Persons with Disabilities, the Early Childhood Commission, and the Economic Opportunities Commission.

JobLink Division provides employment services for welfare recipients, students of the Northern Virginia Community College's high technology training, high school studies, and any Alexandrian looking for work; and serves as a one-stop career center. *JobLink* has two components: **Alexandria Works!** Teams, which are cross-functional teams of eligibility, child care, and employment specialists who provide social services for pre-employment preparation of welfare recipients; and the **Office of Employment Training**, which provides job readiness, training, employment services, and employer account management for all the Division's clients.

Information & Referral Service

Alexandria Department of Human Services— Information & Referral

(703) 838-0900 TTY (703) 838-1493 Fax (703) 838-0886

Hours: M-F, 8 a.m.-5 p.m.

Provides free information about assistance programs and available services as well as referrals to appropriate agencies and resources. Call for free information on topics below.

Advance Medical Directives (living will, durable power of attorney, etc.); Alexandria Adult Health Care Center brochure; Americans with Disabilities Act brochure; Directory of Services for Persons with Disabilities; Elder Abuse and Neglect; Eldercare Locator Brochure (national aging information); *Guide to Retirement Living* magazine (information on senior housing and in-home service); Home Care; Life Safety Alert System (personal emergency assistance call device); Alexandria Senior Multicultural Directory (English, Spanish, or Korean version); Service Sampler (listing of agency services); Services for Older Alexandrians directory; transportation brochures (DOT, DASH, Metro, Senior Taxi); VICAP brochure (Virginia Insurance Counseling & Assistance Program).

Alexandria Department of Human Services— Office of Youth Services

2525 Mt. Vernon Ave.

Alexandria, VA 22314

(703) 838-0990 Fax (703) 836-2531

Hours: M-F, 8 a.m.-5 p.m.

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Coordinates programs and services provided by public and private youth-serving agencies; provides information on and referrals to youth programs and services; facilitates community involvement and communication on youth-related policy and funding issues, and provides staff support to the Youth Policy Commission, City & Schools Staff Group on Youth, and Youth Services Coordinating Council.

Legal Assistance

Legal Services of Northern Virginia Legal Aid for Persons w/HIV/AIDS

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566 Fax (703) 684-0946

www.legalaidhelp.org

Hours: M-F, 9 a.m.-5 p.m.

Eligibility: Northern Virginia residents, income limit.

Provides specialized legal services to persons with AIDS/HIV, with emphasis on public benefits. No criminal or traffic cases.

Multicultural Services

Alexandria Department of Human Services— Alexandria Multicultural Services Initiative

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0709

Hours: M-F, 8 a.m.-5 p.m.

Established to increase access to City services and resources for Alexandria's diverse population. Works with Alexandria agencies to promote delivery of services in a culturally sensitive and competent manner.

Alexandria Department of Human Services— Hispanic Orientation & Education Project

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0962

Hours: M-F, 8 a.m.-5 p.m.

Eligibility: Latino residents.

Provides assistance to Hispanic immigrants seeking to assimilate a new culture. Services, provided largely by volunteers, include basic English literacy, citizenship classes, and crisis intervention assistance. Orientation workshops are provided on life skill topics, such as HIV/AIDS, crime, and domestic violence preventions, as well as employment and health issues.

AYUDA, Inc.

1736 Columbia Road, NW

Washington, DC 20009

(202) 387-4848 Fax (202) 387-0324

www.ayudainc.org

Hours: M-F, 9 a.m.-5 p.m.

Immigration Consult: M & Th, 9 a.m. (first 25 clients served)

Provides legal consultation for Latinos and foreign-born persons on immigration matters for a fee. Does not handle criminal cases or provide advice by telephone. Also offers assistance with pictures, Spanish-English translation, and notary services.

Bienvenidos, Inc.

P. O. Box 3356

Alexandria, VA 22302

(703) 931-9740

Lsilva@acps.k12.va.us

Hours: M-F, 11:30 a.m.-5 p.m.

Eligibility: Latino adults and Latino T.C. Williams H.S. students.

Serves and supports the Latino community in Alexandria. Programs and activities include tutoring and mentoring and a telephone resource and referral service in the areas of health, social services, education, and employment. Focuses activities on Latino youth by partnering community institutions.

Center for Multicultural Human Services

701 W. Broad Street, Suite 305

Falls Church, VA 22046

(703) 533-3302

www.cmhsweb.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Vary.

Provides mental health services, including intensive family services, anger management, and alcohol/drug education and counseling. Educational and language services include cultural orientation classes, citizen services, life skills, and translation and interpretation in 27 languages.

Hispanic Committee of Virginia

INOVA Alexandria Professional Center

4660 Kenmore Avenue, Suite 210

Alexandria, VA 22304

(703) 370-3150 Fax (703) 370-0619

www.hispaniccommitteeofvirginia.org

Hours: M-F, 8 a.m.-4:30 p.m.

Offers services to Latino residents in the following areas:

Employment Services provides skills assessment; assistance with résumés, cover letters, and applications; job referrals; employment workshops; job fairs; and employment dispute help.

Social Services provides case management, information and orientation, forms and applications assistance, mental health referrals, crisis intervention, and emergency financial help.

Information & Referral Services offers assistance over the phone and in person; helps clients access community resources and services, and makes referrals for assistance to both in-house programs and other agencies; assists clients with verbal translations of letters and documents and with

Parents & Families - Human Services

written and notarized translations of documents such as marriage licenses, birth certificates, and medical records; and helps clients complete forms and applications.

Volunteer Opportunities utilizes volunteers to mentor students, serve as interpreters, transport clients to appointments, and assist with other administrative needs.

Immigration Services provides information, counsel, and referrals. Assists clients with applications and procedures to become U.S. citizens; assists with petitions for relatives from abroad; assists with renewing work permits, applying for permanent residency, and most other immigration-related needs.

Hispanics Against Child Abuse & Neglect (HACAN)

P. O. Box 1802
Falls Church, VA 22041
(703) 208-1550

Assists local agencies with the prevention of child abuse and related issues; promotes educational programs to increase public awareness of child abuse and neglect.

Tenants' and Workers' Support Committee

3805 Mt. Vernon Avenue
Alexandria, VA 22305
(703) 684-5697 Fax (703) 684-5714
www.twsc.org
Hours: M-Sa, 11 a.m.-7 p.m.

Member-based grassroots organization serving low-income communities of Northern Virginia. Serves the Hume Spring, Lynhaven, and Arlandria-Chirilagua communities in Alexandria and has established chapters in Arlington and Fairfax counties. Addresses low-income immigrant community organizing, civic participation, economic and social justice; advocates for low-income residents, workers, women, youth; addresses racism and sexism through direct action, education.

Public Safety

Alexandria Commonwealth Attorney's Office

520 King Street, Suite 301 (Courthouse)
Alexandria, VA 22314
(703) 838-4100 Fax (703) 838-3897
Hours: M-F, 8 a.m.-5 p.m.

The Commonwealth's Attorney is an elected official authorized by the State Constitution to prosecute all violations of state law in the City of Alexandria, including felonies, misdemeanors, offenses committed by and against juveniles, and all traffic offenses that carry a possible jail sentence. Operates the Alexandria Victim-Witness Assistance Program, providing information and support throughout the criminal justice process.

Alexandria Fire Department & Emergency Medical Service

900 Second Street
Alexandria, VA 22314
(703) 838-4660 24-hour answering
TTY (703) 838-4896 Fax (703) 838-5093
Hours: Daily, 24 hours

Administers comprehensive fire service and emergency medical programs for reducing the incidence and severity of fires and for minimizing danger to life and property. Distributes, installs smoke detectors and their batteries free of charge. Enforces building and fire prevention codes and related permit systems. Provides school and community fire safety education.

Alexandria General District Court

520 King Street, Room 201
Alexandria, VA 22134
(703) 838-4021 Civil Proceedings
(703) 838-4030 Criminal Proceedings
(703) 838-4041 Traffic Proceedings
(703) 838-4040 Traffic Recording
Hours: M-F, 8 a.m.-4 p.m.

Has jurisdiction over criminal and traffic cases involving adult misdemeanors, ordinance violations, and laws and bylaws of counties, cities, and towns in the judicial district. Conducts felony preliminary hearings. Does not hear juvenile cases.

Alexandria Juvenile & Domestic Relations District Court

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 838-4141 Clerk's Office
www.ci.alexandria.va.us/courts/jdrdcc
Hours: M-F, 8 a.m.-4:30 p.m.

The court hears family-related matters involving children and their family members (except divorce). Jurisdiction includes juvenile delinquency, CHINS (Children in Need of Services related to truancy or runaway behavior), abuse/neglect of children, termination of parental rights, and custody/visitation. It also hears adult domestic violence and civil protective order cases, child and spousal support, and family-related criminal matters. For details, please see the court's webpage.

Alexandria Juvenile & Domestic Relations District Court Services Unit

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 838-4144/4145 Court Services (Intake & Probation)
Hours: M-F, 8 a.m.-4:30 p.m.

Processes juvenile and domestic relations complaints; provides juvenile probation/parole services, individual/family/group counseling, psychological assessments, family mediation, custody investigations, and parenting classes. Provides case management and supervises treatment in domestic violence matters. Diverts or petitions the Court in Children In

Parents & Families - Human Services

Need of Services (CHINS) and delinquency complaints; receives and screens abuse/neglect actions from Alexandria Division of Social Services, and processes protective orders. Provides youth probation/parole supervision and case management; makes reports and recommendations to Court. Other services available include sheltercare, substance abuse assessment/treatment, restitution, community service, camp programs, day reporting center, intensive probation for chronic offenders, SHOCAP (Serious Habitual Offender Comprehensive Action Program), a boat-building and entrepreneurship experience, shoplifters program, anger management groups, and Girl's Program, as well as employment assistance for older youth returning from correctional facilities.

Alexandria Police Department

2003 Mill Road

Alexandria, VA 22314

(703) 838-4444 Fax (703) 838-6345 TTY (703) 838-4896

Hours: Daily, 24 hours

Enforces the law and protects citizens of the City of Alexandria. Programs include child accident prevention; police services; crime prevention; summer day camp; Law Enforcement Explorer Post; Alexandria Police Athletics League; Alexandria Cares, child passenger safety, holiday safety (Halloween, etc.), personal safety, school safety patrols, and community relations programs (Station Tours, Ride-Along Program)

Crime Prevention Unit (703) 838-4520

Hours: M-F, 6:30 a.m.-5 p.m.

Provides crime prevention programs, including residential security surveys, speakers on crime prevention, and burglary and auto theft prevention education. Also offers special programs for youth and senior citizens (55 Alive! Mature Driver Education). Programs include Driving While Intoxicated Prevention/Awareness; Drug and Substance Abuse Prevention/Awareness; robbery, burglary, sexual assault, shoplifting, and general crime prevention programs; Neighborhood Watch; Operation I.D.; and Help Eliminate Auto Theft (HEAT).

Field Operations Bureau (703) 838-4744

Eligibility: 14 years of age and up (under 18 requires signed parent/guardian consent), requires application. Provides Ride-Along Program (one person at a time, once every six months) to help citizens understand the broad range of police duties and the vital roles officers perform in the community.

Youth Unit (703) 838-4711 Fax (703) 838-4604

After hours (703) 838-4444 or 911

Hours: 7 a.m.-11 p.m.

Eligibility: Serves juveniles under 18 whose offense occurred in Alexandria City limits or whose parent lives in the City.

Investigates alleged reports of child neglect/abuse and sexual assault for possible prosecution or referral, and handles child abduction and runaways.

Youth Programs DARE (Drug Abuse Resistance Education); McGruff, the Crime Dog; role of the police; Youth & the Law **Explorers Program** offers high school students insight into the law enforcement field, and opportunities for service to the police department and the community.

Alexandria Office of Sheriff

2003 Mill Road

Alexandria, VA 22314

(703) 838-4111 Fax (703) 838-6307

Provides services to persons incarcerated in the Alexandria Detention Center. Serves civil legal process for courts. Maintains courthouse and courtroom security. Transports prisoners to/from court, hospitals, state facilities, and other local jails. Provides general public safety services.

Legal Services of Northern Virginia

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566 Fax (703) 684-0946

www.lsnv.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: None, but subject to income limits.

Assists in legal matters involving family-related issues, including custody, visitation, child support, termination of parental rights, and domestic violence.

Northern Virginia Regional Juvenile Detention Home

200 S. Whiting Street

Alexandria, VA 22340

(703) 751-3700

Hours: M-F, 9 a.m.-5 p.m.

Operates a home for juveniles detained by court order.

Northern Virginia Urban League, Inc.

Community Service Project

1315 Duke Street

Alexandria, VA 22314

(703) 836-2858 Fax (703) 836-8948

Hours: M-F, 9 a.m.-5 p.m.

Community Service Project is a juvenile delinquency program that offers youthful offenders the opportunity to make restitution by performing community service. Staff assign youth to work sites and monitor their performance. Delinquency prevention activities are offered through New Horizons and Nulites programs. Services include after-school computerized homework lab; individual/group counseling for male teens on adolescent sexuality; case management; referral services; and weekly group discussions, which focus on growth and development topics. Also offers recreational and cultural activities.

Sheltercare Program of Northern Virginia

5920 Stevenson Avenue

Alexandria, VA 22304

(703) 370-0208 Fax (703) 370-6725

Hours: Daily, 24 hours

Program provides co-ed short-term residential facility for adolescents from Alexandria, Arlington, and other jurisdictions.

Parents & Families - Human Services

Resources for Elderly Alexandrians

Administration on Aging

www.aoa.gov

Aging Parents: A Survival Guide

www.agingparents.com

Alzheimer's Association

www.alz.nova.org

(703) 359-4440

(800) 207-8679

American Association of Retired Persons

www.aarp.org

(202) 434-2277

Children of Aging Parents

www.careguide.net

(800) 227-7294

Choice in Dying/Partnership for Caring

www.partnershipforcaring.org

(202) 338-9790

(800) 989-9455

ElderWeb

www.elderweb.com

FIRSTGOV for Seniors

www.seniors.gov

(800) FED-INFO

Guide to Retirement Living

www.retirement-living.com

(703) 536-5150

(800) 394-9990

Long-Term Care Link

www.longtermcarelink.net

Medicaid Helpline

www.cns.state.va.us/dmas

(800) 552-8627

National Alliance for Caregiving

www.caregiving.org

(301) 718-8444

National Family Caregivers Association

www.nfcacares.org

(301) 942-6430

Senior Resource

www.seniorresource.com

VICAP

(703) 228-1732
(Virginia Insurance Counseling & Advocacy Program)

Well Spouse Foundation

www.wellspouse.org

(202) 942-1769

Services for Aging Parents

Alexandria Catholic Charities

St. Martin de Porres Senior Center

4650 Taney Avenue

Alexandria, VA 22304

(703) 751-2766 Fax (703) 212-7306

Hours: M-F, 9 a.m.-2 p.m.

Fees: No charge, donation requested for lunches.

Provides nutrition education and hot nutritious lunches for participating Alexandrians ages 60+ and spouses. Offers senior exercise classes, recreation, education, counseling. Meal program and transportation contract with Alexandria Office of Aging & Adult Services. Offers regional case management.

Alexandria Department of Human Services— Adult Day Services Center

1108 Jefferson Street

Alexandria, VA 22314

(703) 838-4224 Fax (703) 519-3312

Hours: M-F, 7:30 a.m.-5:30 p.m.

Fees: Sliding scale. Accepts Medicaid, Veterans Admin.

Offers day services for older persons who should not be left alone. Program provides a safe, supervised environment, therapeutic activities, health monitoring by a Registered Nurse, and respite for caregivers. Transportation is available.

Alexandria Department of Human Services— Family Services - Benefit Programs - Medicaid

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0700

Hours: M-F, 8 a.m.-5 p.m.

Assists low-income persons with application and eligibility determination for a comprehensive program of medical care.

Office of Aging & Adult Services

(703) 838-0920 Fax (703) 838-0886

Provides a variety of services for Alexandrians over 60, including Adult Protective Services, home companions, adult day health care center, home-delivered and group meals, health promotion programs, medical forms assistance.

Adult Protective Services (24 hours)

Daily: (703) 838-0778 After hours (888) 832-3858

Provides investigation of complaints of abuse, neglect, exploitation, or self-neglect of elderly persons.

Home Care trains and certifies Companion Aides to provide free assistance with cooking, cleaning, shopping, and personal care for eligible low-income persons.

Life Safety Alert System serves Alexandrians with disabilities, home alone most of the time, helping medically at-risk residents maintain independent living situations. Any Alexandria resident with a health problem or disability who is alone or has no help at some time during a 24-hour period is

Parents & Families - Human Services

eligible to have an emergency transmitter installed that calls for help in an emergency; system is also equipped with a smoke detector. There is a monthly fee of \$20 covering rental, maintenance, and repairs. Some low-income persons may be eligible to have a unit at no cost.

Senior Taxi provides door-to-door transportation on a regular schedule for Alexandria residents ages 60 and over to senior centers and recreation activities and for grocery shopping on a limited basis. A donation is requested. (*Also see Senior Services of Alexandria listing below.*)

Alexandria Department of Human Services—Charles Houston Senior Center

901 Wythe Street

Alexandria, VA 22314

(703) 838-4832

Hours: M-F, 9 a.m.-2 p.m.

Fees: Requests contributions.

Provides nutrition education and hot nutritious lunches for Alexandria residents ages 60+ and spouses. Offers a wide range of activities including speakers, trips, and senior exercise classes. Agency can provide transportation.

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse—Mental Health Center—Geriatric Services

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-6400 Fax (703) 838-5062

Hours: MTW, 8:30 a.m.-9 p.m.; ThF, 8:30 a.m.-5 p.m.

Fees: Sliding fee. Accepts Medicaid, Medicare, insurance.

Geriatric Interdisciplinary Professional Team provides evaluation, individual and family treatment, case management, outreach, and medication follow-up to Alexandria residents ages 60 and over. Offers support groups at three senior centers.

Legal Services of Northern Virginia

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566 Fax (703) 684-0946

www.legalaidhelp.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Income limit.

Assists lower income persons and provides programs concerning estates, wills, public benefits, and insurance; one-time-only advice on any topic to persons 60+ regardless of income.

Senior Services of Alexandria

121 N. Saint Asaph Street

Alexandria, VA 22314

(703) 836-4414 Fax (703) 836-1252

Hours: M-F, 9 a.m.-5 p.m.

Fees: Sliding scale.

Provides guardianship and conservatorship to incapacitated

adults who lack an appropriate family member or friend to serve. Also offers less restrictive alternatives to guardianship, assistance with procedures, and court forms to family members/friends serving as guardian/conservator. Provides employment, homecare, emergency assistance, and family elder care consultation. Agency provides transportation for seniors to medical facilities and grocery stores within the Alexandria area. Transportation must be arranged by 4 p.m. on the preceding business day. Agency contracts with local cab company, which charges \$1.50 per trip per passenger.

Tip

Danger Signs That Elderly Persons May Need Assistance or a Change in Living Arrangements

Sudden weight loss could be an indication that the elderly person is simply not eating or not preparing foods.

Failure to take medication or overdosing may indicate confusion, forgetfulness, or a misunderstanding of the doctor's instructions.

Burns or injury marks may indicate physical problems involving general weakness, forgetfulness, or a possible misuse of alcohol.

Deterioration of personal habits such as infrequent bathing and shampooing, not shaving, or not wearing dentures could be the result of either mental or physical problems.

Increased car accidents can indicate slowed reflexes, poor vision, physical weakness, or general inability to handle a vehicle.

Extreme suspiciousness could indicate some thought disorder. Your parents thinking that their neighbors, friends, family, doctor, and others are all conspiring against them would be an example.

A series of small fires could be caused by dozing off or forgetting to turn off the stove or appliances, or may indicate blackouts or dizzy spells.

(www.state.gov/m/dghr/flo/rsrscs/pubs/2048.htm)

Parents & Families - Human Services

Caregiver's Bill of Rights

I have the right...

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

To seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempt by my relative either conscious or unconscious to manipulate me through guilt, anger, or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do for my loved one for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my help.

(From the Co-Op Networker)

vices for developmentally delayed, visually impaired, learning-disabled, orthopedically impaired, mentally retarded, severely emotionally disturbed, multi-handicapped, speech-impaired, other health-impaired, and deaf-blind residents.

Alexandria Commission on Persons with Disabilities—Office of Aging and Adult Services

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0711 Fax (703) 836-0886 TTY (703) 836-1493

Hours: M-F, 8 a.m.-5 p.m.

Advocates for programs for persons with physical and sensory disabilities in the City of Alexandria.

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse—Extended Care Division

3105 Colvin Street

Alexandria, VA 22314

(703) 519-5932 Fax (703) 519-5939

Hours: M-F, 8:30 a.m.-5:30 p.m.

Fees: Negotiated payment plans are available. No Alexandria citizen is denied services because of inability to pay.

Provides individual and family needs assessments; assistance finding, funding, and using services such as speech, occupational, and physical therapies; assistance accessing and maintaining Social Security and Medicaid benefits; education for children ages 0-3 years and their parents; in-home training and personal care assistance; respite care through a provider.

Alexandria Department of Recreation, Parks & Cultural Activities—Recreation for Special Needs Program

1108 Jefferson Street

Alexandria, VA 22314

(703) 519-3353 Fax (703) 535-5863

Hours: Hours vary, depending on program.

Fees: For field trips and special events.

Therapeutic Recreation offers programs and classes for children and adults with a variety of disabilities with the goal of providing fun, enjoyable recreation, and leisure experiences for people with disabilities while building skills fostering independent participation.

Recreation Buddy Program is designed to include children (ages 5 and older) with disabilities in general recreation programs offered after school and during school breaks. Days/times vary.

Kingfishers is an outdoor nature awareness program for children (ages 5 and older) with physical or sensory disabilities and their families. Children without disabilities are welcome. Monthly Oct.-May, second Saturday, 10 a.m.-noon.

Youth Opportunity Sports is a basic soccer and basketball skills-building program that focuses on team participation and having fun. Youth (ages 5-18) with and without disabilities can attend. Jan.-Feb., 8 Saturdays, 2-4 p.m.

Services for Youth with Disabilities

Alexandria City Public Schools—Office of Special Education

2000 N. Beauregard Street

Alexandria, VA 22311

(703) 824-6650 Fax (703) 931-0187

Hours: M-F, 8 a.m.-4:30 p.m.

Eligibility: Alexandria City residents, ages 2-21, whose disability (as determined by multidisciplinary evaluation by Alexandria personnel) adversely affects his/her education.

Provides multidisciplinary evaluations, eligibility, and individual education programs and a continuum of alternative ser-

Parents & Families - Human Services

After-School Mainstream Program is an after-school program at several recreation center sites for children (ages 6-12) with emotional or behavioral issues. Nov.-May, M-Th, 3-6 p.m.

Teen Scene is a recreation center-based program and community field trips for teens (ages 13-17) with developmental delays and/or mental retardation. Transportation provided from school and to home. Oct.-May, TTh, 3:30-5:30 p.m.

Alexandria Public Library System

5005 Duke Street

Alexandria, VA 22304-2903

(703) 519-5900 Fax (703) 519-5917 TTY (703) 519-5918

Hours: M-F, 9 a.m.-5 p.m.

Eligibility: City residents. An application form certified and signed by a qualified professional must be completed before services can begin.

Homebound Visit offers free home delivery of library materials to Alexandria residents who are unable to visit the library.

Talking Book Service (703) 519-5911 provides reading machines that play specially designed, pre-recorded cassette tapes for blind and physically challenged individuals for free. Talking Books are complete, unabridged works, from classical literature to current best-sellers, covering a wide array of subjects, all professionally recorded by the Library of Congress for the blind, physically or visually impaired, or learning disabled. Mail service is available for those who cannot travel.

Adaptive equipment helps visually disabled users more easily view color or black and white photographs, personal mail, balance a checkbook, or read books or other publications. The user places the item on a platform and it is magnified on a screen (at Beatley only).

Kurzweil Personal Reader is an optical scanner that reads typeset or typewritten text (single typed sheets, bound books, and magazines) and turns it into speech.

Jaws is screen reader software that allows blind or visually impaired computer users to access education and job-related applications, browse the web, and read or write e-mail messages.

Window Eyes is a synthesized speech screen reading program used to access Microsoft Windows-compatible software.

Zoomtext is adaptive screen magnification and screen reading software for the visually impaired that provides complete access to all Microsoft Windows applications.

Brain Injury Association of America, Inc.

105 N. Alfred Street

Alexandria, VA 22314

(703) 236-6000 (800) 444-6443 Fax (703) 236-6001

www.biausa.org

Hours: M-F, 9 a.m.-5 p.m.

Provides brain injury information nationally; and resources to people with brain injuries, their families, and professionals.

Children's Hospital Regional Outpatient Center Hearing & Speech Center-Northern Virginia Office

8501 Arlington Boulevard, Suite 200

Fairfax, VA 22031

(571) 226-8397 Fax (571) 226-8335

Hours: M-F, 8 a.m.-5 p.m.

Eligibility: Birth-21 years

Fees: Vary depending on service.

Provides audiological services, speech and language, voice, fluency evaluations, summer group speech and language therapy program.

Disabilities Job Training/Alexandria Service Source

6295 Edsall Road, Suite 175

Alexandria, VA 22312-2670

(703) 461-6000 (800) 244-0817

TTY (703) 461-7905 Fax (703) 461-3906

www.ourpeoplework.org

Hours: M-F, 8:30 a.m.-5 p.m.

Eligibility: No residency requirement. Ages 18 and over.

Provides on-the-job training combined with work, personal, and social adjustment training to prepare individuals with emotional/mental/physical disabilities to enter the competitive labor market. Offers jobs in VA, MD, NC, and DC and technology training and opportunities. Employees receive a salary and must be able to work in a semi-supervised environment.

Easter Seals Child Development Center of Northern Virginia

111 N. Cherry Street

Falls Church, VA 22046

(703) 534-5353 Fax (703) 534-5355

Child Development Center Hours: M-F, 7 a.m.-6 p.m.

Home & Community Therapy Hours: M-F, 8 a.m.-5 p.m.

Eligibility: Child Development Center, 6 weeks-5 years;

Home & Community Therapy Program, birth-21 years.

Fees: Fees vary; accepts most insurance.

Child Development Center provides inclusive developmentally appropriate early education and full-day child care for children with and without disabilities, placing children with and without disabilities in the same classrooms and activities.

Home & Community Therapy Program consists of a team of occupational and physical therapists, speech and language pathologists, and child development specialists providing:

—Outpatient therapy, center-based evaluations, and treatments to promote development of motor skills, self-care, sensory processing, cognition, and language/speech.

—Early Intervention therapy, evaluation for children in their homes or other locations through specialized treatment strategies, therapeutic play, parent education/involvement.

Developmental Playgroups Program offers structured weekly playgroups to children and their families in predominantly Spanish-speaking communities. Provides bilingual early education; monitoring and screening of developmental delays; in-

Parents & Families - Human Services

formation on child development; and support services to low-to moderate-income families.

Easter Seals Society of Northern Virginia, Inc.

6319 Castle Place, Suite A

Falls Church, VA 22044

(703) 538-4480 Fax (703) 237-0249 TDD (703) 538-2407

Hours: M-F, 8 a.m.-4:30 p.m.

Fees: Medicaid/Medicare provider, accepts most insurance.

Sliding fee scale based on income.

Provides early intervention services to children 2-5 years with learning disability and developmental conditions. Also offers residential camping to Virginia residents with disabilities.

Families First of Alexandria, Inc.

817 Little Street

Alexandria, VA 22301

(703) 548-2477 Fax (703) 548-0539

www.ffcmh.org

Hours: M-F, 8 a.m.-5 p.m.

This local Chapter of Federation of Families for Children's Mental Health focuses on the needs of children and youth with emotional, behavioral, or mental disorders and their families.

Kiwanis Orthopedic Clinic

5255 Loughboro Road, NW

Washington, DC 20016

(202) 363-1148 Fax (202) 363-0899

Hours: M-F, 9 a.m.-5 p.m.

Eligibility: Birth-18 years

Provides free consultation and evaluation of children with orthopedic handicapping conditions, treatment, and follow-up care, including X-ray, physical therapy, surgery, bracing, and appliances; home visitation, transportation provided as needed.

National Information Center for Children & Youth with Disabilities

www.nichcy.org or www.kidsource.com/nichcy

or call (800) 695-0285

Provides copies of *Parent's Guide to Doctors, Disabilities and the Family* to assist families in finding primary care pediatricians for children with special needs.

Northern Virginia Training Center Regional Community Support Center

9901 Braddock Road

Fairfax, VA 22032

(703) 323-4021 Fax (703) 323-2015

Hours: Office: 8:15 a.m.-5 p.m.

Eligibility: At least one of these situations must exist:

- service requested is not available in the community;
- unable to pay for services in the community;
- community service providers are unable to serve the person because of problematic behaviors.

NVTC provides services to citizens in Arlington, Fairfax, Loudoun, and Prince William Counties and the Cities of Alexandria, Fairfax, and Falls Church. Provides short-term respite care on a space-available basis. Services are provided primarily to adults; however, behavioral and psychiatric consultations and physical examinations are offered to adolescents.

Parent Educational Advocacy Training Center (PEATC)

(800) 869-6782

(703) 923-0020 (703) 569-6200 (Spanish)

www.peatc.org

PEATC is a federally funded parent training and information center helping parents understand special education and the importance of their involvement for their children with disabilities. PEATC provides information, assistance, and support for families of children with disabilities. Offers online guides, fact sheets, calendar of events, resources, links to laws and regulations, and other helpful information for families and providers.

St. Coletta of Greater Washington, Inc.

207 S. Peyton Street

Alexandria, VA 22314

(703) 683-3686 Fax (703) 683-9888

www.stcolletta.org

Hours: M, 8:30 a.m.-12:30 p.m.; Tu-F, 8:30 a.m.-3 p.m.

Provides a complete educational program designed to develop the full potential of multihandicapped or developmentally disabled student. Offers therapeutic and vocational instruction in a nurturing and stimulating atmosphere. Also offers individual supported employment training to disabled adults.

Virginia Department for the Blind & for the Vision Impaired

Fairfax Regional Office

11150 Main Street, Suite 502

Fairfax, VA 22030

(703) 359-1100 (800) 622-2155 Fax (703) 359-1111

TDD (703) 359-1100

Hours: M-F, 8:15 a.m.-5 p.m.

Eligibility: Must reside in Virginia and reduced vision must adversely affect development, education, or independence; medical documentation of visual impairment required.

Provides orientation, mobility instruction, and consultation to visually impaired and blind infants, preschoolers, children and their parents, teachers, and guardians. Offers adaptive books, materials, and equipment on loan. Vocational assessment, counseling, and preparation provided to high school students.

Virginia Department of Health-Care Connection for Children

3299 Woodburn Road, Suite 220

Annandale, VA 22003

(703) 205-2632

Parents & Families - Human Services

Coordinates care for, and administers funds to, assist Virginia's uninsured and underinsured children with special health care needs.

Virginia Early Intervention/Early Childhood/Preschool Programs for Children with Disabilities Ages 2-5

(800) 234-1448

(804) 771-5877 (TTY/TTD) Fax (804) 225-7913

www.infantva.org/default.htm

Information for parents about Virginia's Individuals with Disabilities Act Part C, which governs assistance to families with infants and toddlers from birth to age 3 (i.e., 0-36 months) who are developmentally delayed, who have atypical development, or who have a diagnosed physical or mental condition that has a high probability of resulting in delay.

Volunteering Opportunities

Alexandria Volunteer Bureau Clearinghouse & Resource Center

2210 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 836-2176 Fax (703) 683-1793

www.alexandriavolunteers.org

Hours: M-F, 9 a.m.-5:30 p.m.

Provides supportive services to individuals, nonprofit community organizations, and public agencies. Maintains information on volunteer opportunities and publishes *Volunteer Times*, a bimonthly newsletter of current Alexandria volunteer needs.

Campagna Center Retired & Senior Volunteers (RSVP)

418 S. Washington Street

Alexandria, VA 22314

(703) 549-1607

www.campagnacenter.org

Hours: M-F, 9 a.m.-5 p.m.

Provides opportunities nationally for senior citizens (55+) of all backgrounds to engage in volunteer service that addresses the community's needs in areas such as education, public safety, environment preservation. Special RSVP projects are America Reads/Alexandria Primary Initiative, "The Grandfathers Group," and Senior Environment Corps (SEC).

Parents & Families - Recreation

About

Recreation & Exercise

We all need to “re-create”—to renew ourselves.

Benefits of Exercise:

- Increases participation in family and community activities;
- Improves the sense of well-being and reduces anxiety;
- Increases and maintains heart and lung efficiency;
- Improves/maintains bone structure and strength;
- Assists in weight control;
- Reduces risks of several chronic diseases; and
- Increases/maintains strength, flexibility, mobility, and coordination.

“I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.”

excerpt from *If I Had my Live to Live Over*
by Nadine Starr, age 85

Adult Recreation

Alexandria Department of Recreation, Parks & Cultural Activities

1108 Jefferson Street
Alexandria, VA 22314

(703) 838-4343/4344 TTY (703) 838-4842

Provides a diverse selection of programs and services for a range of citizens, from infants to senior citizens and persons with special needs, and offers such activities as games, sports, arts, crafts, hobbies, music, drama, and dancing. Operates seven full-time recreation centers, five after-school centers, and summer playgrounds. The complete list of centers and playgrounds appears in the Recreation section of the Young Children's chapter of this directory. Maintains all ballfields and parks. Provides safe, well-maintained parks, outdoor recreation facilities, and open space in the City's 809 acres of park land and open space. The Adult Sports staff coordinates a variety of women's, men's, and co-ed sport leagues and specialty tournaments. Sport leagues include soccer, softball, volleyball, and basketball. Operates city-wide programs, including cultural events, festivals, concerts, and holiday activities. Provides picnic sites that may be rented by groups on a first-come, first-served basis. Fees vary by event. Call for more information.

Chinquapin Park Recreation Center (703) 519-2160

3210 King Street

Services offered include year-round 25-meter indoor pool and diving well; discount passes; nature trail and park; lighted tennis courts; birthday party package; aquatics, sports and fitness classes; saunas; fitness room and trail; gift certificates; fully

equipped locker rooms; facility, garden plot, and sports kit rentals; outdoor basketball and volleyball courts; play module in park; racquetball courts.

Ethnic Festivals

Special Events Office (703) 838-4844

Events Hotline (703) 883-4686

Festivals, coordinated with a cosponsoring organization, are held at the following sites: Market Square, 301 King Street in Old Town Alexandria; Waterfront Park, Strand Street (between Prince and King Streets) in Old Town Alexandria; Fort Ward Park, 4301 West Braddock Rd, Alexandria. Each festival shares the culture of its people through entertainment, food, and arts and crafts. Call for additional information.

Adult Recreation Centers

John Adams Recreation Center (703) 838-4345 (days)

5651 Rayburn Avenue

(703) 578-3388 (evening)

Hours: M-F, 6-10 p.m.

Facility features gym; volleyball (MW), basketball (TuThF); game room: table tennis, pocket billiards, table games.

Part-Time Adult Centers

Maury Center

(703) 683-2348

600 Russell Road

Hours: TuTh (Oct.–May), 7-10 p.m.

MacArthur Center

(703) 838-4345 (days)

1101 Janney's Lane

(703) 838-4830 (evening)

Hours: MW, (Sept.–June), 8-10 p.m.; Sa, 9:30-11 a.m. Hours may vary, check with center staff.

Outdoor Rental Space

Picnics in the Parks (City park rentals) **(703) 838-4844**

Chinquapin Park rental information **(703) 931-1127**

Oronoco Bay, Waterfront, Jones Point, Fort Ward, and Chinquapin Park outdoor space is available for rent to large groups of Alexandria businesses, community groups, and citizens; and garden plots are also available for rent.

Indoor Rental Facilities are available for use by community groups and organizations. Facilities offer meeting rooms and rehearsal rooms for choral, dance, and theatrical groups.

Group rental charges for staff and facilities vary and are assessed based on each group's requirements. Rental reservation information and availability may be obtained from each center.

Dr. Oswald Durant Memorial Center (703) 838-6323

1605 Cameron Street

Nannie J. Lee Center

(703) 838-4845

1108 Jefferson Street

Hours: M-F, 8 a.m.-10 p.m. Weekends as scheduled

Rental is available to City of Alexandria residents daily from 8 a.m.-10 p.m. Rental spaces include an Exhibit Hall that is ideal for receptions, banquets, celebrations, and awards ceremonies, with a serving kitchen located adjacent to the Exhibit Hall. Meeting Rooms for civic and community groups; Dance Studio that is perfect for rehearsals and programs; and the Richard Kauffman Auditorium with seating for 400. Additional auditorium amenities available for rent include sound system, stage lighting, piano, podium, and microphones.

Parents & Families - Recreation

Cameron Run Regional Park

4001 Eisenhower Avenue

Alexandria, VA 22314

Batting cage: (703) 960-5714

Mini golf: (703) 960-8719

Shelter rental: (703) 352-5900

Water Park: (703) 960-0767

www.nvrpa.org/cameron.html

Hours: Pool open Memorial Day weekend through Labor Day.

Batting cage and mini golf open mid-March through October.

Hours vary.

Fees vary (see below); fees posted on website.

Features Great Waves Water Park; batting cages; deluxe miniature golf course; rental picnic shelter accommodating 100; and shore fishing on Lake Cook.

Water Park offers wave pool, play pool, "tad" pool (for toddlers), 4 water slides, and snack bar; call Pool number for information on admission fees and seasonal passes.

Batting Cage Fees: 16 balls \$1.00; team rentals (per cage) per 1/2 hour \$18.00, per hour \$34.00.

Deluxe Mini Golf Fees: Ages 13-59, per round \$5.00; Seniors (60 & older) & Juniors (12 & younger), per round \$4.00.

Groups (10 or more) per person, per round \$2.75; swimming patrons, per round \$2.75.

Lake Cook benefits from the Virginia Department of Game and Inland Fisheries' Urban Fishing Program. A perfect fishing spot for young anglers, this two-acre lake is stocked in the winter months with trout. Fishing licenses are required for anglers age 16 and older. An additional stamp is required for trout fishing. Fish: trout (winter only), bluegill, bass, catfish.

Charles Houston Senior Center

901 Wythe Street

Alexandria, VA 22314

(703) 838-4832

Hours: M-F, 9 a.m.-2 p.m.

Fees: Requests contributions.

Ages: 60 and over and spouses.

Services: Provides nutrition education and hot nutritious lunches for participating elderly persons. Offers a wide range of activities, including speakers, trips, and senior exercise classes. Agency can provide transportation. Program is operated by Alexandria Redevelopment and Housing Authority.

City Marina

Alexandria Department of Recreation, Parks & Cultural Activities

1108 Jefferson Street

Alexandria, VA 22314

(703) 838-4843 (Information on Boat Slip Wait List and fees)

Hours: Office: M-F, 8 a.m.-5 p.m.

Marina Hours: Apr.-Oct., M-F, 10 a.m.-9 p.m.; Sa, 8 a.m.-10 p.m.; Su, 8 a.m.-9 p.m.; Nov.-Mar., Su-Sa: 10 a.m.-5 p.m.

Fees: Set fees.

Ages: 19 and over

The City Marina is located behind the Torpedo Factory Art Center and the southeast tip of Founders Park. It has 62 boat slips plus additional short-term docking space on sea walls and adjacent areas for pleasure boats and commercial vessels. For boaters who wish to stay overnight, restroom and shower facilities are available. One 30-amp electrical connection and water hose bib (in season) are available for each boat slip. Pleasure boats requesting short-term docking space are encouraged to contact the Dockmaster on VHF channel 16. Department of Recreation staff administers wait list applications for boat slips for rental at marina. Open year-round except these holidays: New Year's Day, Martin Luther King, Jr. Day, President's Day, Thanksgiving Day, day after Thanksgiving, Christmas Eve day, and Christmas Day.

City Skatepark

Alexandria Dept. of Recreation, Parks & Cultural Activities
3300 Duke Street (Luckett Field)

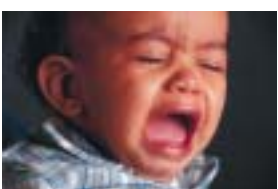
(703) 838-4343 (information only-not Skatepark)

Skatepark opens daily at 9 a.m.; Closing hours vary by season: Apr./Aug./Sept., 7 p.m.; May/June/July, 8:30 p.m.; Oct.-Mar., 5 p.m.

Fees: No charge.

Designed for skateboard and inline skating enthusiasts. Participants must be 6 years and older; under 10 must be accompanied by an adult. All participants required to wear helmets and elbow and knee pads at all times.

Chapter II Infants & Toddlers — Preschool





Infants & Toddlers - Preschool

Chapter II Infants & Toddlers – Preschool

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Infants & Toddlers - Preschool

Developmental Stages in Infants & Toddlers (Birth-5 years)

Newborn Infants: Safe & Secure

Parents need to make tiny newborns feel safe with lots of contact.

Don't be afraid to hold your baby often.

New babies cannot be "spoiled" with too much attention.

Babies are **never** candidates for discipline: they're too little.

Infants from 3-6 months: Stimulate the Senses

Babies listen, watch, and touch.

Parents can stimulate babies' senses, helping them develop with bright objects and soothing music.

Parents should play with and talk to their babies.

Babies begin to smile when pleased and cry when they are not content.

Babies begin to recognize differences between familiar and strange faces and need parental reassurance to feel secure.

Babies need relief of cool teething toys or infant pain reliever for teething that begins at this age.

Babies don't understand right from wrong; remember that a baby's brain isn't ready to learn the difference yet.

Infants from 6-18 months: Increasingly Active

Babies begin to explore as they learn to sit, crawl, stand, walk, and talk.

Babies develop a sense of humor; playing with parents is important.

Babies learn and explore by being part of your daily routine.

Babies learn physical coordination games such as peek-a-boo, pat-a-cake, and pointing to nose, ears, eyes, and mouth.

Babies like to watch themselves in a mirror; place them in sight of one so they can study themselves.

Babies enjoy books with bright pictures; sharing a book that captures their attention is a great parental activity.

Divert baby's attention from forbidden, dangerous objects or activities; teach "not for baby!" as a warning phrase.

Remember that babies don't understand complex concepts, need repetition to learn, and haven't yet developed a conscience.

Toddlers from 18 months-3 years: Becoming Independent

Parents will notice that toddlers see themselves as separate from a parent.

Practice sharing toys and food at this stage; praise toddlers with words and hugs often for sharing well.

Parents should be encouraging and supportive as toilet training needs practice and occurs at the child's own pace.

Toddlers need choices to practice making decisions and to build self-esteem without defying their parents.

"NO!" becomes a toddler's favorite word, expressing her need to do things and make decisions for herself, learning independence.

Preschoolers from 3-5 years: Curiosity

Parents should answer children's endless questions with short, simple sentences—lots of learning happens at this stage.

Showing off, fears, and "bad words" are typical; use positive attention to encourage good behavior.

Reassure children that you love them even if you don't like their behavior at times.

Provide puzzles, blocks, fat crayons, and other toys to develop coordination and prepare children for school.

Imagination develops; parents can help by providing night-lights and stuffed animals to help with night fears.

Preschoolers need time and space for active behavior: praise the good and ignore or redirect the bad as much as possible.

Infants & Toddlers - Counseling/Development

Child Development

The American Academy of Pediatrics

Bookstore: (866) 843-2271

www.aap.org

The Association is dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults. Lots of links to health and wellness information, as well as injury prevention, child health books, and informational brochures.

Child Find

Alexandria City Public Schools

2000 N. Beauregard Street, #203

Alexandria, VA 22311

(703) 824-6708

www.acps.k12.va.us

Hours: M-F, 8 a.m.-4 p.m.

Offers free developmental screening from birth through 4 years of age. If your child demonstrates delays in any area and is found eligible for early intervention/special education services, a variety of free therapies/programs are available.

Healthy Families—Alexandria

Northern Virginia Family Services (Alexandria)

5249 Duke Street, Suite 308

Alexandria, VA 22304-6304

(703) 370-3223 Fax (703) 751-5197

www.nvfs.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: No charge.

Provides parenting guidance and education to vulnerable first-time families. Family support workers visit expectant parents in the home, help mothers keep prenatal appointments, and promote healthy pregnancies. After birth, workers visit families weekly to enhance parents' understanding of child development and needs.

Infant & Toddler Connection of Alexandria (PIE)

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-5067 (703) 838-4400 Fax (703) 838-4874

Hours: M-F, 8 a.m.-5 p.m.

Fees: Sliding fee. Accepts insurance.

Serves children with potential and/or identified handicapping conditions. The program provides assessment, cognitive speech/language, physical, and occupational therapies to infants and toddlers ages 0-3. Case management and in-home support services are available.

National Information Center for Children & Youth with Disabilities

www.nichcy.org or www.kidsource.com/nichcy

(800) 695-0285

Provides copies of *Parent's Guide to Doctors, Disabilities and the Family* to assist families in finding primary care pediatricians for children with special needs.

Parent Educational Advocacy Training Center (PEATC)

(800) 869-6782

(703) 923-0020 (voice/TTY)

(703) 569-6200 (Spanish)

www.peatc.org

PEATC is a federally funded parent training and information center helping parents understand special education and the importance of their involvement for their children with disabilities. PEATC provides information, assistance, and support for families of children with disabilities. Offers online guides, fact sheets, calendar of events, resources, links to laws and regulations, and other helpful information for families and providers.

Virginia Early Intervention/Early Childhood/Preschool Programs for Children with Disabilities Ages 2-5

(800) 234-1448

(804) 771-5877 (TTY/TTD) Fax (804) 225-7913

www.infantva.org/default.htm

Information for parents about Virginia's Individuals with Disabilities Act-Part C, which governs assistance to families with Infants and toddlers from birth to age 3 (i.e., 0-36 months) who are developmentally delayed, who have atypical development, or who have a diagnosed physical or mental condition that has a high probability of resulting in delay.

Infants & Toddlers - Education/Child Care

About

Family Child Care Homes

All family child care homes in Alexandria must register with the Office for Early Childhood Development (OECD). These homes must pass a fire safety inspection, and all adults living in the home must consent to a criminal records check for crimes against children and a Child Protective Services clearance.

Providers who care for more than five children, including their own children under the age of 14, must also have a Special Use Permit from the City Zoning Office. Those caring for more than five unrelated children or more than four children under the age of 2 must also have a State of Virginia license.

Contact OECD for additional information on standards and regulations governing individual providers or call for listings of state-licensed and voluntarily registered providers.

Tip

Selecting a Family Child Care Home

- Ask for references, check references carefully, and remember to include reference checks on persons the family care provider may use for emergency care.
- Ask about backup care and fee policies. Are there added holiday and vacation charges, late charges, and so forth.
- Ask if the provider has written contracts.
- Ask the provider about accommodation of special needs of your child.
- Ask the provider about the daily activities and nap schedules for children in the home.
- Ask very specific questions about the provider's discipline techniques.
- Clearly let the provider know your requirements and needs.
- Look for safety latches, safety gates, and safety caps on electrical outlets.
- Check for working smoke detectors and carbon monoxide detectors.
- Consider the atmosphere of the home: is it calm, busy, noisy, organized, cluttered?
- Consider how your child will "fit" in this home.
- Visit more than one home; the most convenient or most expensive may not be the best choice for your child.
- Take your time before making a final decision.

Child Care

Alexandria Department of Human Services— Office for Early Childhood Development

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0750

Hours: M-F, 8:30 a.m.-5 p.m.

Fees: No charge.

Provides parents with information about child care resources available in the community, is responsible for the regulation of small (five or fewer children) family child care homes, and administers programs that provide financial assistance toward the cost of child care to income-eligible families. Maintains lists of child care centers, nursery schools, family child care homes, before- and after-school programs, summer camps, and recreation programs. Lists are available free of charge.

Infants & Toddlers - Education/Child Care

Child Care Checklist

Choosing a child care program for your child can be a challenge. When selecting a program, visit at a time of day when the children should be active. Take your child along and use this checklist as a guide. Ask questions. Don't expect to find everything listed here. Rather, choose the program with which you feel most comfortable.

Staff

- Treats children with respect and patience
- Has realistic expectations for children of differing ages and interests
- Takes time to discuss your child with you
- Has previous experience or training in working with children
- Practices good personal hygiene
- Trained in first aid/CPR

Facility

- Safe, clean indoor and outdoor areas and equipment
- Well-ventilated, bright, cheery rooms
- Clean kitchen area
- Sanitary bathrooms and diaper-changing areas
- Furnishings, sinks, and toilets safely accessible to children
- Comfortable temperatures summer and winter

Health and Safety

- Cleaning supplies and medicines out of children's reach
- First aid kit readily available
- Emergency numbers posted by the telephone and procedures clearly explained
- Hand washing after using the toilet and before meals and snacks
- Nutritious meals and snacks
- Separate cribs for infants and cots or mats for others

Program

- Proper child-staff ratios
- Organized, but flexible program of activities
- Plenty of creative, educational play materials
- Supervised rest time

General

- Virginia State license or City registration certificate
- Written policies about fees, holidays, illness, and other considerations
- Parents welcome to visit, discuss policies, and participate in activities
- Permission to contact staff references and other families who use provider/center
- Happy children!

Infants & Toddlers - Education/Child Care

About

Child Care Centers

Centers provide group care for children, usually from 6 weeks to 5 years of age. Centers are open for a full day year round, some provide transportation, and some have bilingual staff. There are infant child care centers and centers that include programs for school-age children. Child care centers must be licensed by the Virginia Department of Social Services. In Alexandria, they must also have a Special Use Permit. There are standards for staff qualifications, staff/child ratios, program content, safety, and sanitation.

Child Care Centers

Abracadabra Child Care & Development Center

700 Commonwealth Avenue
Alexandria, VA 22301
(703) 548-7796 Fax (703) 683-9629
www.circletime.org
M-F, 7:30 a.m.-6 p.m.
Ages: 2-5 years

♣Alive Child Development Center

2723 King Street
Alexandria, VA 22302
(703) 548-9255 Fax (703) 548-0082
M-F, 6:30 a.m.-6 p.m.
Ages: 2½-5 years

Almost Home Family Child Development Infant Center

1515 Mt. Vernon Avenue
Alexandria, VA 22301
(703) 837-9211 Fax (703) 837-9233
M-F, 7 a.m.-6 p.m.
Ages: 6 weeks-16 months

Almost Home Family Child Development Preschool Center

218 E. Monroe Avenue
Alexandria, VA 22301
(703) 684-8777 Fax (703) 837-9233
M-F, 6:30 a.m.-5:45 p.m.
Ages: Infant-10 years

Campagna Center-Head Start (multiple sites listed below)

418 S. Washington Street
Alexandria, VA 22314

Early Head Start

(703) 549-8685 Fax (703) 549-2097
M-F, 7:30 a.m.-6 p.m.

Ages: Infant-3 years

Before/After School Care (serves all ACPS elementary schools)

(703) 549-0070 Fax (703) 549-2097

M-F, 7 a.m. until school begins; after school until 6 p.m.

Ages: 3-12 years

♣1501 Cameron Street

Alexandria, VA 22314

(703) 836-5774 Fax (703) 836-5846

♣1005 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 684-3983 Fax (703) 299-5154

435 Ferdinand Day Drive

Alexandria, VA 22304

(703) 504-6934 Fax (703) 549-2097

♣5651 Rayburn Avenue

Alexandria, VA 22311

(703) 931-7541 Fax (703) 931-4427

♣2601 Commonwealth Avenue

Alexandria, VA 22305

(703) 684-0471 Fax (703) 549-2097

♣3001 N. Beauregard Street (NVCC Tyler Bldg., Rm. 105)

Alexandria, VA 22311

(703) 379-1882 Fax (703) 931-4427

Child & Family Network Centers (multiple sites listed below)

♣Birchmere

3701-A Mt. Vernon Avenue

Alexandria, VA 22305

(703) 836-0214 Fax (703) 836-3108

M-F, 9-11:45 a.m.; noon-6 p.m.

Ages: 3-5 years

♣Charles Houston

901 Wythe Street

M-F, 9:15 a.m.-3:15 p.m.

Ages: 3-5 years

♣Chirilagua

3918-A Bruce Street, #101

M-F, 9-11:45 a.m.; noon-6 p.m.

Ages: 3-5 years

Infants & Toddlers - Education/Child Care

✪Cora Kelly

25 W. Reed Avenue
M-F, 9:15 a.m.-noon; 12:15-3 p.m.
Ages: 3-5 years

✪Children's International

25 S. Quaker Lane
Alexandria, VA 22314
(703) 751-7266 Fax (703) 525-0555
M-F, 7 a.m.-6 p.m.
Ages: 2-5 years

✪Creative Play School (two locations)

845 N. Howard Street
Alexandria, VA 22304
(703) 751-3388 Fax (703) 751-2243
M-F, 6:45 a.m.-6 p.m.
Ages: 16 months-6 years

✪100 E. Windsor Avenue

Alexandria, VA 22301
(703) 836-7090 Fax (703) 836- 5719
M-F, 7 a.m.-6 p.m.
Ages: 2-6 years

Flagstone Child Development Center (two locations)

721 N. Columbus Street
Alexandria, VA 22314
(703) 683-7114 Fax (703) 683-3321
M-F, 7 a.m.-6:30 p.m.
Ages: Infant-2 years

618 N. Washington Street

Alexandria, VA 22314
(703) 683-7114
M-F, 7 a.m.-6:30 p.m.
Ages: 2½-6 years

Happy Home Child Learning Center (two locations)

5001 Seminary Road, Suite 109
Alexandria, VA 22311
(703) 931-1051 Fax (703) 931-2472
www.enchantedlearning.com
M-F, 7 a.m.-6 p.m.
Ages: 1-6 years

✪Happy Home Child Learning Center II

1400 Janney's Lane
Alexandria, VA 22302
(703) 751-5833 Fax (703) 751-5841
www.happyhomeclc.org
M-F, 7 a.m.-6 p.m.
Ages: 1-9 years

Hopkins House Helen Day Preschool

1224 Princess Street
Alexandria, VA 22314
(703) 549-4232 Fax (703) 683-3056
www.hopkinshouse.com
M-F, 7 a.m.-7 p.m.
Ages: Infant-5 years

Hopkins House West End Preschool

4600 Duke Street, Suite 309
Alexandria, VA 22304
(703) 370-8808 Fax (703) 370-5499
www.hopkinshouse.org
M-F, 7 a.m.-7 p.m.
Ages: 18 months-5 years

✪St. Anthony's Day School

321 First Street
Alexandria, VA 22314
(703) 836-9123 Fax (703) 836-1426
www.stanthonysdayschool.com
M-F, 6:30 a.m.-6 p.m.
Ages: 6 weeks-5 years

St. Clement Episcopal Day School

1701 N. Quaker Lane
Alexandria, VA 22302
(703) 998-8795 Fax (703) 998-3068
www.saintclement.org
M-F, 8 a.m.-6 p.m.
12-month school/summer camp
Ages: 2-6 years

Teddy Bear Day Care I & II (two locations)

I 375 S. Reynolds Street
Alexandria, VA 22304
(703) 370-5777 Fax (703) 370-7788
M-F, 7 a.m.-6 p.m.
Ages: 2-12 years

II 5708 Merton Court

Alexandria, VA 22311
(703) 671-7382 Fax (703) 998-1307
M-F, 7 a.m.-6 p.m.
Ages: 2-12 years

Tiny Tots Playroom

1500 King Street, Suite 105
Alexandria, VA 22314
(703) 683-5130 Fax (703) 683-2006
www.tinytotsplayroom.org
M-F, 7 a.m.-6 p.m.
Ages: 6 weeks-5 years

Infants & Toddlers - Education/Child Care

About

Nursery Schools

Often called "preschools," they provide group care for the preschool-age child, but are not open all day or all year round. Nursery schools offer children an opportunity to spend a part of the day or week learning and socializing with others. Cooperative schools require a parental time commitment to help keep costs low.

Nursery Schools

Beverly Hills Church Preschool

3512 Old Dominion Boulevard
Alexandria, VA 22305
(703) 549-7441 Fax (703) 549-7455
M-F, 9-11:45 a.m., 12:30-3:15 p.m., Sept.-May
Co-oping required of parents; inclusive program
Ages: 2½-5 years

Blessed Sacrament Early Childhood Center

1417 W. Braddock Road
Alexandria, VA 22302
(703) 998-4170 Fax (703) 998-5033
www.blessedsacramentcc.org
M-F, 8:45-11:45 a.m.
Ages: 3-5 years

Child & Family Network Centers (multiple sites listed below)

✧Birchmere

3701-A Mt. Vernon Avenue
Alexandria, VA 22305
(703) 836-0214 Fax (703) 836-3108
M-F, 9-11:45 a.m.; noon-6 p.m.
Ages: 3-5 years

✧Charles Houston

901 Wythe Street
M-F, 9:15 a.m.-3:15 p.m.

✧Cora Kelly

25 W. Reed Avenue
M-F, 9:15 a.m.-noon; 12:15-3 p.m.

✧Chirilagua

3918-A Bruce Street, #101
M-F, 9-11:45 a.m.; noon-6 p.m.

Emmanuel Pre-School

1608 Russell Road
Alexandria, VA 22301
(703) 683-0303 Fax (703) 683-6158
www.emmanuelonhigh.org
M-F, 9 a.m.-12:30 p.m.
Ages: 2-4 years

Fairlington Pre-School

3900 King Street
Alexandria, VA 22302
(703) 671-3939 Fax (703) 820-7399
M-F, 9 a.m.-noon; 2-, 3-, 4-, and 5-day programs
Ages: 2½-4 years

First Baptist Church Parent's Day Out

2932 King Street
Alexandria, VA 22302
(703) 684-3733 Fax (703) 519-7580
www.fbcalexandria.org
M-F, 10 a.m.-2 p.m.
Ages: 6 months-4 years

Grace Episcopal School

3601 Russell Road
Alexandria, VA 22305
(703) 549-5067
M-F, 8:45 a.m.-noon; 8:45 a.m.-3:15 p.m.; 7:30 a.m.-6 p.m.
(before- and after-school care)
Ages: 3-11 years/before- and after-school

Immanuel Lutheran School

109 Belleaire Road
Alexandria, VA 22301
(703) 549-7323 (Fax same as telephone)
www.ilsalex.org
M-F, 8:30 a.m.-3 p.m.
Ages: Kindergarten-Grade 8

Keshet Child Development Center

3830 Seminary Road
Alexandria, VA 22304
(703) 370-9400
M-F, 9 a.m.-1 p.m. Extended hours available.
Ages 2-4 years

✧Meeting House Co-Operative Pre-School

316 S. Royal Street
Alexandria, VA 22314
(703) 549-8037 Fax (703) 549-9425
M-F, Sept.-May, 9 a.m.-noon
Co-oping required of parents; children with special needs welcome.
Ages: 18 months-5 years

Old Town Montessori School

115 S. Washington Street
Alexandria, VA 22314
(703) 684-7323 Fax (703) 360-2875
www.aquinas-montessori.com
M-F, 9 a.m.-3 p.m.
Ages: 2½-6 years

Infants & Toddlers - Education/Child Care/Health

✪Resurrection Children's Center

2280 N. Beauregard Street
Alexandria, VA 22311
(703) 578-1314 Fax (703) 578-0701
M-F, 9:30 a.m.-12:30 p.m.
Ages: 2½-5 years

St. Mary's School

400 Green Street
Alexandria, VA 22314
(703) 549-1646 Fax (703) 519-0840
www.stmarys-alexva.org
TuWTh, 8:30-11:30 a.m.
Ages: Pre-K (4 years old)

St. Paul's Nursery School and Kindergarten

228 S. Pitt Street
Alexandria, VA 22314
(703) 549-1974 Fax (703) 548-7534
M-F, 9 a.m.-noon
Ages: 3-5 years

✪Trinity M.O.P.S. Pre-School Trinity United Methodist Church

2911 Cameron Mills Road
Alexandria, VA 22302
(703) 549-7422 Fax (703) 549-2103
M-F, 9:30 a.m.-12:30 p.m.
Ages: 18 months-5 years

✪Valley Drive Pre-School Fair Park Baptist Church

1819 N. Quaker Lane
Alexandria, VA 22302
(703) 379-6918
M-F, 9 a.m.-noon
Ages: 2-4 years

Washington Street Methodist Pre-School

115 S. Washington Street
Alexandria, VA 22314
(703) 549-7931 Fax (703) 836-8407
www.wsumc.com
M-F, 9:10 a.m.-12:30 p.m.
Ages: 2½-5 years

Westminster Weekday Pre-School

2701 Cameron Mills Road
Alexandria, VA 22302
(703) 549-5267 Fax (703) 548-1505
www.wpc-alex.org
M-F, 9 a.m.-noon
Ages: 2½-4 years

✪ Denotes accreditation by the National Association for the Education of Young Children (NAEYC) as of July 2003

About

Sudden Infant Death Syndrome (SIDS)

You want to keep your baby safe when she sleeps. Most babies are healthy and have no problems when sleeping. But sometimes babies die in their sleep. This is called Sudden Infant Death Syndrome (SIDS) or crib death. Doctors have not discovered what causes SIDS. Research shows that babies who sleep on their backs are less likely to die from SIDS.

BABIES SHOULD SLEEP ON THEIR BACKS unless your doctor tells you to put her in another position for health reasons.

Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

- Always place your baby on his or her back to sleep, even for naps.
- Place your baby on a firm mattress, such as in a safety-approved crib.
- Remove soft, fluffy bedding and stuffed toys from your baby's sleep area.
- Make sure your baby's head and face remain uncovered during sleep.
- Do not allow smoking around your baby.
- Do not let your baby get too warm during sleep.
- Talk to child care providers, grandparents, babysitters and all caregivers about SIDS risk.

For further information, contact:

Sudden Infant Death Syndrome Alliance SIDS Alliance of the Mid-Atlantic

(703) 933-9100 (800) 221-7437 Fax (703) 933-9101
www.sidsalliance.org

A national voluntary health organization uniting families, caregivers, health professionals, and scientists with government, business, and community service groups in a nationwide movement to advance infant safety and survival across America. Supports bereaved families, and works toward the elimination of SIDS through research.

Infants & Toddlers - Health

Car Seat Safety

Alexandria Cares, Child Passenger Safety

Alexandria Police Department

2003 Mill Road

Alexandria, VA 22314

(703) 924-9294

Hours: Daily, 24 hours (information recorded)

www.alexandriacares.org

Offers education about child passenger safety and instructs parents on safe installation of child safety seats. Services include car seat safety inspections from mobile stations available throughout Alexandria.

Alexandria Health Department

Casey Health Center (Low-Income Car Seats)

1200 N. Howard Street

Alexandria, VA 22304

(703) 519-5979 ext. 220

Hours: M-F, 9 a.m.-5 p.m.

Offers certification for children's car seat program operated by the Pilots Club. Car seats are available at no cost to families eligible for any clinic services or Medicaid. Parents receiving car seats must take the safety class offered by the Pilots Club.

Safe Kids (Low-Income Car Seats)

INOVA Fairfax Hospital

3300 Gallows Road

Falls Church, VA 22042

(703) 698-3075 (recorded information) Fax (703) 280-3878

Hours: M-F, 9 a.m.-5 p.m.

Offers no cost car seats for Virginia residents' children under age 2 who are eligible for Medicaid.

Never, Ever Leave a Child Alone in a Car!

Parents may believe that they can safely leave a child in a vehicle because "it's just a quick errand." Unfortunately, just a few unattended minutes can lead to tragedy for a child or even innocent bystanders.

Children left unattended in motor vehicles **can be and have been injured and killed by:**

Heat stroke (hyperthermia) or freezing (hypothermia).

Car fires.

Carbon monoxide (car exhaust fume) poisoning.

Becoming victims in a vehicle theft.

Child putting car in gear or releasing brake.

Unsafe operation of power windows/sunroof.

For more information, see www.4kidsake.org

Tip

Car Seat Safety

NEVER, EVER leave an infant or young child unattended inside a motor vehicle (see box at left).

Take time before your baby arrives to obtain an infant safety seat and learn how to use it correctly. Never place a rear-facing child safety seat in the front seat where a front-mounted passenger air bag is present.

Always place a newborn baby in the safest place—a rear-facing safety seat in the center of the back seat. A premature baby may have trouble breathing in the semi-reclined position of most infant car seats. Car beds are now available that have been designed and crash-tested, making it possible for a premature infant to ride safely. Ask your health care provider whether your baby might need a car bed.

Never allow an infant or child to ride in an adult's lap. Even in a minor crash the child would be torn from the adult's arms and crushed.

If you use more than one vehicle to transport your baby, order an additional base from the manufacturer and install it in your second car. Carefully read both your vehicle owner's manual and the car seat instruction manual for critical installation tips.

When your child outgrows his or her forward-facing safety seat, use a booster seat until your child is at least age 8 or over 4 feet, 9 inches tall.

All children age 12 and under should ride properly restrained in the back seat.

Three helpful government agencies for child and infant car seat information are:

Virginia Division of Motor Vehicles' Child Safety

www.dmv.state.va.us/webdoc/general/safety/childsafety

Links to fact sheets, local and federal laws, safety restraint purchasing and installation

U.S. Department of Transportation's Auto Safety Hotline

Recalls/safety notices

(800) 424-9393

Center for Injury and Violence Prevention (Virginia Department of Health)

Child safety seats/reference handouts (800) 732-8333

Infants & Toddlers - Health

Immunizations for Babies

These are the vaccinations your baby needs! Check with your doctor or nurse to make sure your baby is getting immunized on time. Also make sure you ask your doctor or nurse to give you a record card with all the dates of your baby's shots and be sure to bring it to every visit.

Hep-B: protects against hepatitis B, a serious liver disease

DTaP: protects against diphtheria, tetanus (lockjaw), and pertussis (whooping cough)

Hib: protects against *Hemophilus influenza* type b

Polio: inactivated (injected) vaccine (IPV) protects against polio

PCV7: pneumococcal conjugate vaccine protects against serious pneumococcal infections

MMR: protects against measles, mumps, and rubella (German measles)

Chickenpox: varicella zoster vaccine protects against chickenpox

At birth	Hep-B			
1-2 months	Hep-B 1-4 months ¹			
2 months	DTaP	Hib	Polio	PCV7
4 months	DTaP	Hib	Polio	PCV7
6 months	DTaP	Hib ²	Polio 6-18 months ¹	PCV7 Hep-B 6-18 months ¹
12 months	MMR 12-15 months ¹	Hib 12-15 months ¹	Chickenpox 12-18 months ¹	PCV7 12-15 months ¹
15 months	DTaP 12-18 months ^{1, 3}			

¹ This is the age range in which this vaccine should be given.

² Depending on the brand of Hib vaccine used for the 1st and 2nd doses, a dose at 6 months of age may not be needed.

³ DTaP may be given as early as 12 months if 6 months have elapsed since the previous dose and if the child might not return by 18 months of age.

For more information, contact The National Immunization Hotline:

(800) 232-2522 (English)

(800) 232-0233 (Spanish)

nipinfo@cdc.gov

or the National Immunization Program:

NIP Public Inquiries
1600 Clifton Road, NE, Mailstop E-05
Atlanta, GA 30333

Infants & Toddlers - Health

About

Immunizations

Children need immunizations (shots) to protect them from dangerous childhood diseases that can have serious complications and even kill them.

Side effects can occur with any medicine, including vaccines. Depending on the vaccine, these can include slight fever, rash, or soreness at the site of injection. Slight discomfort is normal and should not be a cause for alarm. Your health care provider can give you additional information.

Serious reactions to vaccines are extremely rare. The risks of serious disease from not vaccinating are far greater than the risks of serious reaction to a vaccination.

If you think your child is experiencing a persistent or severe reaction, call your doctor or get the child to a doctor right away. Write down what happened and the date and time it happened. Ask your doctor, nurse, or health department to file a Vaccine Adverse Event Report form or call (800) 338-2382 to file this form yourself.

Don't wait to vaccinate! Children under 5 are especially susceptible to disease because their immune systems have not built up the necessary defenses to fight infection. By immunizing on time (by age 2), you can protect your child from disease and also protect others at school or day care.

Track your child's shots! Start a shot record when your child receives his or her first vaccination, and update it with each vaccination visit. It helps you and your health care provider keep your child's vaccinations on schedule. If you move or change providers, having an accurate record might prevent your child from repeating vaccinations he or she has already had.

A federal program called Vaccines for Children provides free vaccines to eligible children, including those without health insurance coverage, all those who are enrolled in Medicaid, American Indians, and Alaskan Natives.

(www.cispimmunize.org/fam/letter_main.html)

Immunization Clinics

The Alexandria Health Department Immunization Clinics offer most childhood immunizations at no charge. Parents should bring records of previous immunizations. Immunizations are available at the following Health Department locations:

Alexandria Health Department

517 N. Saint Asaph Street
Alexandria, VA 22314
(703) 838-4414 Fax (703) 838-4038
Hours for Immunization ONLY: M, 2-7 p.m.; Tu, 8:30-11 a.m.

Arlandria Health Center

3804 Executive Avenue, #D-1
Alexandria, VA 22305
(703) 519-1725 Fax (703) 519-1738
Hours for Immunizations: W, 9-11:00 a.m., 1-4 p.m.

Flora Casey Health Center

1200 N. Howard Street
Alexandria, VA 22304
(703) 519-5979
Hours for Immunizations: Tu, 4-6 p.m.

Pediatric Care

Alexandria Health Department Arlandria Health Center for Women & Children

3804 Executive Avenue, #D-1
Alexandria, VA 22305
(703) 519-1725 Fax (703) 519-1738
Hours: MWTh, 8:30 a.m.-5:30 p.m.; Tu, 8:30-7:30 p.m.; F, 8:30 a.m.-3:30 p.m. Most services by appointment only.
Fees: Sliding fee. Accepts Medicaid, FAMIS, Unicare.
Provides Alexandria residents with pediatric care for children with acute illness; provides routine well-child care from birth to age 3.

Alexandria Health Department Casey Health Center

1200 N. Howard Street
Alexandria, VA 22304
(703) 519-5979
Hours: Sick walk-in M-F, 8:30 a.m.-noon;
follow-up M-F, 1-4 p.m.
Fees: Sliding fee. Accepts Medicaid; income eligibility.
Provides walk-in services for Alexandria children from families with limited income, ages 17 and under, with acute and chronic illness; does not provide routine well-child care. Must sign in for sick care daily by 9 a.m. (will see first 20 patients registered).

Infants & Toddlers - Health

Protecting Children from Poisons

Many items in your home can be poisonous to children. But did you know that the main cause of children's deaths from poisoning is vitamin pills with iron? Teach children early that vitamins are medicine; do not dispense them as if they were treats or candy.

Poison-proof your home and protect your children:

DO close containers right after you use them. Make sure child-resistant caps are on correctly.

DO store dangerous products where children can't reach or even see them.

DON'T store dangerous products or medicines in cups, soft-drink bottles, or milk cartons. Children may mistake these for food that is safe to eat or drink.

DO keep vitamins, medicines, cleaners, household chemicals, and other dangerous products in their original containers, properly labeled. Buy only art supplies labeled as safe (nontoxic) for children.

Emergency Telephone Numbers







FIRE/POLICE/RESCUE 911

POLICE (NON-EMERGENCY) (703) 838-4444

POISON CONTROL CENTER (800) 222-1222

PEDIATRICIAN _____

The items listed below contain especially hazardous household chemicals. Buy in small quantities. Discard any unneeded extras. Make sure they are always out of a child's reach.

-  Antifreeze, windshield/window washer solutions, insecticides
-  Drain cleaners, toilet bowl cleaners
-  Stain removers and laundry additives
-  Artificial nail adhesive, nail polish removers
-  Topical medications (e.g., cream or lotion products that may be used for sunburn pain, arthritis, athlete's foot, etc.)
-  Medicines, medicines, medicines! (including children's vitamins, over-the-counter, doctor-prescribed, and from the pharmacist)

Alexandria Health Department—Child Health Clinic

517 N. Saint Asaph Street
Alexandria, VA 22314
(703) 838-4414

Hours: By appointment only.

Fees: Vary based on income and family size.

Well-child care from birth to age 3; school entry physical exams ages 4 to 11, for Alexandria City residents.

Family Care Medical Center Clinic Hispana

4810 Beauregard Street, Suite 206B
Alexandria, VA 22312
(703) 916-1211 (703) 916-1213

24-hour answering service, immediate care.

Fees: \$45 per visit (labs additional); accepts uninsured, and Medicaid and Unicare by appointment.

Offers reasonable care and a variety of general medical services. Provides wellness care, health screening, examinations, minor surgery and labs, on-site X-ray, and EKG.

Queen Street Clinic

1000 Queen Street
Alexandria, VA 22314
(703) 299-9701 Fax (703) 299-9703

Hours: M-F, 8 a.m.-5 p.m.; Sa, 8 a.m.-noon;
evenings by appointment

Fees: \$45 per office visit.

This lower-cost medical clinic offers medical care for men, women, and children, specializing in those without health insurance. Provides care for acute and chronic illness and for less-than-major injuries. Does physicals; well-baby, well-child, and well-woman checkups. Care provided by a Family Nurse Practitioner with consultation and review by a licensed MD. Same-day evening appointments available.

Food Allergy Alert

The foods to which children are most often allergic include milk, wheat, eggs, and peanuts.

The symptoms of an allergic reaction include hives; swelling in the lips, tongue, or face; and wheezing.

Consult your pediatrician if your child develops any of these symptoms; some reactions can be life-threatening.

Infants & Toddlers - Health

Shaken Baby Syndrome

If your baby keeps crying after you have tried everything, stay calm. No matter how tired or upset you are, **never, ever, shake your baby!** Shaking your baby can cause blindness, brain damage, or even death. If you need a break, call a relative, neighbor, or friend to help. All babies cry. You will not always be able to comfort your baby. This does not make you a bad parent; you are doing the best you can.

What is Shaken Baby Syndrome?

It is one of the leading forms of fatal child abuse. When a baby is vigorously shaken, the head moves back and forth. This sudden whiplash motion can cause bleeding inside the skull and increased pressure on the brain, causing the fragile brain to pull apart and resulting in injury to the baby. This is known as Shaken Baby Syndrome. A baby's head and neck are susceptible to head trauma because his or her muscles and bones are not fully developed and the head is exceptionally fragile. Head trauma is the leading cause of disability among abused infants and children.

Shaken Baby Syndrome occurs most often in infants younger than 6 months old, but can occur up to the age of 3. There may be no obvious outward signs of inside injury, particularly in the head or behind the eyes. Shaking a baby, even for a few seconds, can disable the young person for life. These injuries can include brain swelling and damage; cerebral palsy; mental retardation; developmental delays; blindness; hearing loss; paralysis; and death. When a child is shaken in anger and frustration, the force of injury to the brain is five to 10 times worse than that caused by the child simply falling.

Why does it happen?

The number one reason a baby is shaken is because of inconsolable crying.

Often frustrated parents or other caregivers feel that shaking a baby is a harmless way to make a child stop crying. Almost 25 percent of all babies with Shaken Baby Syndrome die. Being too playful with babies can also cause damage. Do not toss infants on your knee or foot, or toss or spin them around. Anything that causes the baby's head to flop back and forth can cause damaging brain injury.

What can you do to prevent a tragedy?

If you or someone else shakes a baby, either accidentally or on purpose, call 911 or take the child to the emergency room immediately. Bleeding inside the brain can be treated. Immediate medical attention may save your baby many future problems—and possibly the baby's life.

Adapted from the National Exchange Club Foundation
The Shaken Baby Alliance

Other Resources:
www.shakenbaby.com
www.parentsanonymous.org

Infants & Toddlers - Human Services

Children's Health Insurance

Alexandria Department of Human Services–FAMIS

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0700

www.famis.org

Hours: M-F, 8:30 a.m.-5 p.m.

The Family Access to Medical Insurance Security (FAMIS) program can help you ensure your children's health and well-being. FAMIS is Virginia's program that helps working families provide health insurance to their children. FAMIS was created to help working families who do not have health insurance for their children.

Your children are eligible for FAMIS if they:

Live in Virginia;

Are age 18 or under;

Don't have health insurance now or within the past 6 months (some exceptions apply);

Are not eligible for Virginia State Employee Health Insurance;

Are not eligible for Medicaid;

Live in families meeting FAMIS income guidelines.

You may also check out the FAMIS website or call Alexandria's Division of Social Services, (703) 838-0700, for more information.

Child Protective Services

Alexandria Department of Human Services

Daily, 24 hours

Child Protective Services

(703) 838-0800

Virginia Child Abuse Hotline

(800) 552-7096

www.ourkids-ourbusiness.org

Accepts referrals for investigation of neglect or physical, emotional, or sexual abuse of children. Provides prevention, intervention and treatment where neglect or physical, emotional, or sexual abuse of children is identified.

Tip

Child Abuse: What You Can Do

Parents lose control of their anger, and their children may be in danger. You've probably seen or heard it. And you'd like to do or say something. What can you do? Helping a parent calm down, even for a second, can help disrupt a potentially abusive situation.

Tips to Help

Calmly approach the situation and try one of the following:

"She seems to be trying your patience."

"It looks like it has been a long day for both of you."

Tips to Calm Yourself

Parenting takes a lot of work. And every parent gets overwhelmed from time to time. But instead of taking it out on your child, try one of these instead:

- Take several deep breaths.
- Leave your child with a neighbor and go for a brief walk.
- Whatever you do, make sure that your child is safe.

Tips to Deal with a Misbehaving Child

Take the pulse: Have you eaten? Are you tired? What about your children? Make sure that you and your child aren't running on empty before you jump into a stressful activity.

Who's in Charge?

Remember that you are the adult in the situation. If children begin to misbehave, redirect their attention to something positive.

(www.kempecenter.org)

Nutrition

Alexandria Health Department–Women, Infants & Children Program (WIC)

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4879 Call for appointment.

Offers health screening, nutrition counseling, information, referral to health care, and vouchers for nutritious foods (e.g., milk, eggs, fruit juice, iron-fortified cereal, and dry beans). Promotes breast-feeding as the optimal choice for infant feeding and provides information on well-child care, family planning, and well-woman and prenatal care.

Infants & Toddlers - Recreation

About

Play Groups

The play groups listed are not intended to be representative of all play groups in the area nor can we guarantee the accuracy of information. The listing of these play groups does not constitute an endorsement of the organizations, their views, products, and services.

Play Groups

Alexandria Department of Recreation, Parks & Cultural Activities

Nannie J. Lee Recreation Center

(703) 838-4845

W, 10-11:30 a.m.; Th, 10:30 a.m.-noon

Mt. Vernon Recreation Center

WTh, 10 a.m.-noon

(703) 838-4825 or (703) 838-4343/4344

Infant to 4 years old: Parents and children interact with others through play and activities. Ideal for the development of socialization skills.

DC Metro Dads

www.dcmetrodads.com

This is a network of stay-at-home fathers in the DC metro area providing support to other stay-at-home fathers and fathers considering staying at home. It offers organized play groups and outings for stay-at-home fathers and their children, as well as nights out. For more info, contact Mike Stilwell at Fleetsuper@msn.com.

Loudoun/Fairfax Mothers of Multiples (LFMOMC)

(703) 715-MOMY

www.lfmomc.com

This is a nonprofit support and social group for parents of multiples (twins, triplets, or more) in the Northern Virginia area. The group has monthly meetings, play groups, craft nights, mom's nights out, and other social events. Call or visit the website for more information.

Mocha Moms-Alexandria Chapter

Charles E. Beatley, Jr. Central Library

5005 Duke Street

Alexandria, VA 22314

This is a support group for mothers of color who have chosen not to work full-time outside of the home in order to devote more time to their families. Anyone may join who supports the mission of the group. The Alexandria Chapter meets every Fri-

day at 11 a.m. For first and third Friday meetings, the group hosts guest speakers who make presentations. On the second and fourth Friday of each month, field trips to local parks, museums, and other attractions are scheduled. There is also a monthly mom's night out, and family day. Contact by e-mail: Cmuleta@erols.com

Moms Offering Moms Support (MOMS Clubs)

These are volunteer-run support groups for stay-at-home moms. Monthly meetings, outings, play groups, craft days, babysitting co-ops, mom's night out, and more.

MOMS Club of Alexandria-Northeast

momsclub@onebox.com

(866) 251-5169 ext. 1083

www.geocities.com/alexandriamomsclub

Meetings are held monthly on the last Tuesday at 10 a.m.

MOMS Club of Alexandria-West

(800) 699-2466 ext. 703-733-7333

Meetings are held monthly on the first Tuesday at 10 a.m.

MOMS Club Alexandria-South

(866) 206-9067 ext. 1594

southalexmomclub@onebox.com

www.geocities.com/southalexmomclub

General meetings are held monthly on the second Tuesday at 10:30 a.m.

Mothers of Preschoolers (MOPS)

Braddock Baptist Church

6519 Braddock Road

Alexandria, VA 22312

(703) 750-2962

www.braddockbaptistchurch.org

MOPS groups meet as often as once a week and as infrequently as once a month. Groups meet during the day, in the evenings, or on weekends. Most groups meet during the school year, and some meet year-round. Groups are chartered through local faith-based organizations, including churches and parachurch ministries. Call Braddock Baptist Church for additional information on groups meeting in the Alexandria vicinity.

New Mothers Lunch

(703) 961-9179 Fax (703) 961-9179

These are weekly lunches that provide an opportunity for mothers and their infants up to 8 months old to get together. Lunches are between 11:30 a.m.-2 p.m., with presentations given by a different speaker each week. Fees for lunches and reservations required. Call Rochelle Goldberg (during daytime hours only, please) for more details.

Infants & Toddlers - Recreation

Recreation

4-H Youth Programs

Virginia Cooperative Extension–Alexandria Office

1108 Jefferson Street

Alexandria, VA 22314

(703) 519-3325 Fax (703) 684-5285

offices.ext.vt.edu/alexandria

Hours: M-F, 8 a.m.-4:30 p.m.

Fees: No charge.

Eligibility: Alexandria residents ages 5-18.

Offers hands-on learning activities to teach basic life skills such as science, animals, gardening, performing arts, character counts, nutrition, health and fitness, outdoor adventures. Activities conducted during school and after school hours in schools and recreation centers.

Alexandria Department of Recreation, Parks & Cultural Activities

1108 Jefferson Street

Alexandria, VA 22314

(703) 838-4343

Offers play groups (birth-4 years); infant and preschool aquatic program; water orientation for ages 6 months-5 years; martial arts for ages 3-5 years.

Y.M.C.A. of Alexandria

420 E. Monroe Avenue

Alexandria, VA 22301

(703) 838-8085

Hours: M-F, 6 a.m.-10 p.m., Sa, 8 a.m.-8 p.m.,

Su, 10 a.m.-7 p.m

Offers after-school supervised activities; holiday and summer day camps; physical fitness and exercise programs; swimming lessons.

Tip

Children and Play

Children learn by playing; it's their job!

You can keep your expectations reasonable about your child's skills and abilities by learning about developmental stages of children and what kinds of games and toys are most appropriate for your child's developmental stage. Toys that are too complex for your toddler can be frustrating while those that are not challenging will be ignored.

Skills that play teaches include

- cooperation
- problem solving
- language
- mathematics

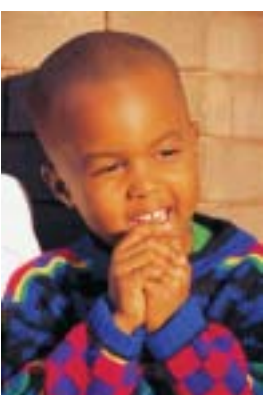
Play also helps develop

- curiosity
- imagination
- self-esteem
- strength
- coordination
- self-direction
- cooperative play

Make your home "child friendly" to your toddler by keeping breakables out of reach, removing unstable furniture, etc., to minimize frustration and accidents, and maximize the fun for each of you!



Chapter III Young Children — Elementary School





Young Children - Elementary School

Chapter III Young Children – Elementary School

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Young Children - Counseling

Developmental Stages in Young Children (6-12 years)

School-Age Children from 6-10 years: Learning

Expose your children to the magic of reading. These years set the tone for all their future academic achievements.

Children develop consciences and learn the value of rules at this stage.

Praise for efforts in school work is very important.

Parents should make an effort to remain calm while trying to determine the cause of problem behavior. Crying and whining over unimportant things is common at this stage.

Children test parental limits through negative behavior. Testing helps them learn appropriate behavior. Parents need to be fair and consistent.

Parents should use time frames that are “child appropriate” when correcting negative behavior. Fifteen minutes of “time out” in a chair may seem endless to a first grader and short to an adult.

Early Adolescence from 10-12 years: Peer Acceptance

Children challenge adult authority. Parents need to be actively involved in helping them to learn how to choose between right and wrong.

Good parental examples are an excellent way of teaching children fair and humane values.

Gaining a sense of their maleness/femaleness is an important part of development.

Parents should support a child's desire to have time to engage in activities with children of their own sex.

Membership in groups is important to the preteen. Scouts, athletic teams, and church groups are some ways of meeting that need.

“Heroes” to look up to are important. These may include special people outside the family.

Preteens are curious about sexual matters. Parents can provide accurate information. Preteens develop new feelings about their own bodies rather than developing sexual relationships with the opposite sex.

Special athletic, artistic, academic, or musical talents may emerge. Parents should encourage areas of potential success as a means of building the child's self-esteem.

(Adapted from National Committee for Prevention of Child Abuse, Hawaii Chapter [www.ncac-hsv.org/stages.html])

Young Children - Counseling

Counseling

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse—Alexandria Mental Health Center Youth & Family Mental Health

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-6400 Fax (703) 838-5062

Hours: MTW, 8:30 a.m.-9 p.m.; ThF, 8:30 a.m.-5 p.m.

Fees: Sliding fee. Accepts Medicaid, Medicare, insurance.

Provides comprehensive mental health services to youth, including home-based treatment, individual, group and family therapy, intensive case management, psychiatric evaluation, medication management, and psychological evaluation.

Tip

101 Ways to Praise Your Child

Wow • Way to Go • You're Special • Outstanding • Excellent • Great • Good • Neat • Well Done • Remarkable • I Knew You Could Do It • I'm Proud of You • Fantastic • Super Star • Nice Work • Looking Good • You're on Top of It • Beautiful • Now You're Flying • You're Catching On • You've Got It • You're Incredible • Bravo • You're Fantastic • Hurray for You • You're on Target • You're on Your Way • How Nice • How Smart • Good Job • That's Incredible • Hot Dog • Dynamite • You're Beautiful • You're Unique • Nothing Can Stop You Now • Good for You • I Like You • You're a Winner • Remarkable Job • Beautiful Work • You're Spectacular • You're a Darling • You're Precious • Great Discovery • You've Uncovered the Secret • You've Figured It Out • Fantastic Job • Hip, Hip, Hurray • Bingo • Magnificent • Marvelous • Terrific • You're Important • Phenomenal • You're Sensational • Super Work • Creative Job • Super Job • Fantastic Job • Exceptional Performance • You're a Real Trooper • You Are Responsible • You Are Exciting • You Learned It Right • What an Imagination • What a Good Listener • You Are Fun • You're Growing Up • You Tried Hard • You Care • Beautiful Sharing • Outstanding Performance • You're a Good Friend • I Trust You • You've Got the Key • You Mean a Lot to Me • You Make Me Happy • You Belong • You've Got a Friend • You Make Me Laugh • You Brighten My Day • I Respect You • You Mean the World to Me • That's Correct • You're a Joy • You're a Treasure • You're Wonderful • You're Perfect • Awesome • A+ Job • You're the Best • A Big Hug • A Big Kiss • I Love You • You Make Me Smile • A Pat on the Back • You're Super • Superb Job • I Applaud You • Extraordinary Job

About

Alexandria City Public Schools' Special Education Parent Resource Center

The Special Education Parent Resource Center offers free workshops and training sessions, parent support groups, and in-person and telephone support and information to provide parents of children with disabilities the information and support they need to assist in meeting the needs of their children. Services are available at no charge to all residents of Alexandria with children ages birth to 22, regardless of whether enrolled in public school, private school, preschool, or at home.

At the Parent Resource Center you can

- learn how special education works;
- learn how to work with the school system effectively and how to solve problems;
- meet other parents of children with special needs;
- borrow materials from the lending library, which is available to parents and teachers;
- use the resource file, which has information about different disabilities and special needs, inclusion, accommodations and adaptations, writing Individual Education Plans (IEPs), and much more;
- learn what having a child with special needs means to a family; and
- learn about the many different ways, from self-contained to inclusive classrooms, special education services can be provided.

Northern Virginia Family Services

10455 White Granite Drive, Suite 100

Oakton, VA 22124

(703) 385-3267 (main office—call for branch locations)

www.nvfs.org

Hours: Vary; evening appointments available.

Fees: Sliding fee (income eligible). Accepts insurance, Medicare, Medicaid.

Offers individual, family, marital, and group counseling and education programs, including parenting classes.

Young Children - Education

Elementary Schools

Alexandria City Public Schools

John Adams Elementary School

5651 Rayburn Avenue
Alexandria, VA 22311
(703) 824-6970 Fax (703) 379-4853
www.acps.k12.va.us/adams/index.php

Charles Barrett Elementary School

1115 Martha Custis Drive
Alexandria, VA 22302
(703) 824-6960 Fax (703) 379-3782
www.acps.k12.va.us/barrett/index.html

Patrick Henry Elementary School

4643 Taney Avenue
Alexandria, VA 22304
(703) 461-4170 Fax (703) 823-3350
www.acps.k12.va.us/henry/index.html

Jefferson-Houston School for Arts & Academics

1501 Cameron Street
Alexandria, VA 22314
(703) 706-4400 Fax (703) 836-7923
www.acps.k12.va.us/houston/index.php

Cora Kelly School for Math, Science, and Technology

3600 Commonwealth Avenue
Alexandria, VA 22305
(703) 706-4420 Fax (703) 706-4425
www.acps.k12.va.us/kelly/index.html

Lyles-Crouch Traditional Academy

530 S. Saint Asaph Street
Alexandria, VA 22314
(703) 706-4430 Fax (703) 684-0252
www.acps.k12.va.us/crouch/index.htm

Douglas MacArthur Elementary School

1101 Janney's Lane
Alexandria, VA 22302
(703) 461-4190 Fax (703) 370-2179
www.acps.k12.va.us/macarthur/index.html

George Mason Elementary School

2601 Cameron Mills Road
Alexandria, VA 22302
(703) 706-4470 Fax (703) 683-9011
www.acps.k12.va.us/mason/index.html

Maury Elementary School

600 Russell Road
Alexandria, VA 22301
(703) 706-4440 Fax (703) 683-5146
www.acps.k12.va.us/maury/index.html

Mount Vernon Community School

2601 Commonwealth Avenue
Alexandria, VA 22301
(703) 706-4460 Fax (703) 706-4466
www.acps.k12.va.us/mtvernon/index.html

James K. Polk Elementary School

5000 Polk Avenue
Alexandria, VA 22304
(703) 461-4180 Fax (703) 751-8614
www.acps.k12.va.us/polk/index.html

William Ramsay Elementary School

5700 Sanger Avenue
Alexandria, VA 22311
(703) 824-6950 Fax (703) 379-7824
www.acps.k12.va.us/ramsay/index.html

Samuel W. Tucker Elementary School

435 Ferdinand Day Drive
Alexandria, VA 22304
(703) 933-6300 Fax (703) 212-8465
www.acps.k12.va.us/tucker/index.htm

Alexandria City Public Schools Popular Numbers

Administrative Transfers	(703) 824-6616
Bus Transportation	(703) 461-4169
Child Find	(703) 824-6708
Dropout Prevention	(703) 824-6631
Kindergarten Registration	(703) 824-6680
Parent Involvement	(703) 824-6639
Pupil Services	(703) 824-6616
Special Education	
Parent Resource Center	(703) 706-4552
Student Services	(703) 824-6650
Summer School	(703) 824-6676
Volunteers	(703) 824-6639

Young Children - Education

Private Schools

Alexandria County Day School (Grades K-8)

2400 Russell Road
Alexandria, VA 22301
(703) 548-4804 Fax (703) 549-9022
Hours: M-F, 8 a.m.-5 p.m.
www.acdsnet.org

Blessed Sacrament Grade School & Early Childhood Center (Grades K-8)

1417 W. Braddock Road
Alexandria, VA 22302
(703) 998-4170 Fax (703) 998-5033
www.blessedsacramentcc.org

Grace Episcopal School (PreK-5)

3601 Russell Road
Alexandria, VA 22305
(703) 549-5067
Hours: M-F, 8:30 a.m.-5 p.m.
www.gracealex.org/public/school.html

Immanuel Lutheran School (Grades K-8)

109 Belleaire Road
Alexandria, VA 22301
(703) 549-7323 Fax (703) 549-7323
Hours: M-F, 7 a.m.-6 p.m. (incl. before and after care)
www.ilsalex.org

St. Clement Episcopal Day School (Preschool-5)

1701 N. Quaker Lane
Alexandria, VA 22302
(703) 998-8795 Fax (703) 998-3068
Hours: M-F, 8 a.m.-6 p.m.
saintclement.org/dayschool.htm

St. Mary's School (PreK-8)

400 Green Street
Alexandria, VA 22314
(703) 549-1646
Hours: M-F, 8 a.m.-3 p.m.
www.stmarys-alexva.org

St. Rita School (K-8)

3801 Russell Road
Alexandria, VA 22305
(703) 548-1888 Fax (703) 519-9389
Hours: 8:30 a.m.-3 p.m.
www.saintrita-school.org

St. Stephen's & St. Agnes Lower School (Grades K-5)

400 Fontaine Street
Alexandria, VA 22305
(703) 212-2736 Fax (703) 548-2551
www.sssas.org/index.cfm#

St. Stephen's & St. Agnes Middle School (Grades 6-8)

4401 W. Braddock Road
Alexandria, VA 22304
(703) 212-2741 Fax (703) 578-0193
www.sssas.org/index.cfm#

Enrichment & Tutoring

Alexandria Department of Recreation, Parks & Cultural Activities-Jerome Buddie Ford Nature Center

5700 Sanger Avenue
Alexandria, VA 22311
(703) 838-4929
Hours: T- Sa, 10a.m.-5 p.m.
Eligibility: 3 years and above
Provides nature programs, hikes, displays, and films. Provides natural history interpretation for Alexandria residents of all ages, including after school, Saturday, and special summer programs. Teachers and other youth leaders may schedule field trips and naturalist environmental education.

Alexandria Redevelopment & Housing Authority Family Resource Learning Center

910 Montgomery Street
Alexandria, VA 22314
(703) 739-2376 Fax (703) 739-2386
Hours: M-F, 9 a.m.-6 p.m.
Community service agency provides counseling and referrals; also offers after-school and enrichment activities for Alexandria City school-age children. Member of USDA food distribution, and provides a snack program once a week. Offers

Tip

Cool Websites for Kids

BAM! Body & Mind - www.bam.gov
KidsCom - www.kidscom.com
MidLink Magazine - www.cs.ucf.edu/~midlink
Internet for Kids (ages 7 and under) - www.kidlink.org
Kid Safety - www.ou.edu/oupd/kidsafe/inet.htm
Girl Power - www.girlpower.gov/girlarea
Kids Did This! Hotlist - sln.fi.edu/tfi/hotlists/kids.html
National Institute of Environmental Health Sciences (NIEHS)
- www.niehs.nih.gov/kids

Young Children - Education

GED preparation for adults and resume assistance; this father-friendly center works to help fathers on all levels of need.

Campagna Center Wright to Read

418 S. Washington Street

Alexandria, VA 22314

(703) 549-0111 Fax (703) 549-6651

www.campagnacenter.org

Hours: M-F, 9 a.m.-5 p.m.

Eligibility: Alexandria residents Grades 1-3.

Places volunteer tutors in Alexandria elementary schools to work one-to-one with children in first through third grade.

Teachers identify those having difficulty in reading.

Extended Day Child Care Programs

Campagna Center-Campagna Kids (K-5)

418 S. Washington Street

Alexandria, VA 22314

(703) 549-0111

Before- and after-school sites: John Adams; Charles Barrett; Jefferson-Houston; Lyles-Crouch; Patrick Henry; Cora Kelly (before school only); Douglas MacArthur; George Mason; Maury; Mt. Vernon; James K. Polk; William Ramsay; and Samuel Tucker. Note: Children from Cora Kelly may be bused to Charles Barrett or George Mason.

Camp Kelly (5-12 years)

25 W. Reed Avenue

Alexandria, VA 22305

(703) 838-6464

Call for program locations.

Creative Play School (5-11 years)

100 E. Windsor Avenue

Alexandria, VA 22301

Phone: (703) 836-7090

St. Stephen's & St. Agnes

Extended Day (K-8)

400 Fontaine Street

Alexandria, VA 22302

(703) 212-2737

Y.M.C.A. (5-11 years)

420 E. Monroe Avenue

Alexandria, VA 22301

(703) 838-8085

Tip

Internet Safety

Here are a few tips for kids to keep online experiences safe and enjoyable:

- Never give out identifying information (name, home address, school name, or telephone number) in a public message, such as those in chat rooms and on bulletin boards. Never send anyone a picture of yourself without first checking with your parent or guardian.
- Never respond to messages that are suggestive, obscene, belligerent, threatening, or hostile or that make you feel uncomfortable.
- Be careful when someone offers you something for nothing, such as gifts and money.
- Be very careful about any offers that involve your coming to a meeting or having someone visit your house. Never arrange a face-to-face meeting without telling your parent or guardian. If your parent or guardian agrees to the meeting, make sure that you meet in a public place and have a parent or guardian with you.
- Tell your parent or guardian right away if you come across any information that makes you feel uncomfortable.
- Remember that people online may not be who they seem. Because you can't see or even hear the person, it would be easy for someone to misrepresent oneself. Thus, someone indicating that "she" is a "12-year-old girl" could in reality be an older man. Be sure that you are dealing with someone that you and your parents know and trust before giving out any personal information about yourself. Get to know your "online friends" just as you get to know all of your other friends.

Should you or your parent or guardian become aware of the existence of any pornographic or indecent materials involving children or adolescents, or any other incidences that could put you or others at risk, immediately notify your local FBI office or contact the National Center for Missing and Exploited Children at www.missingkids.com/cybertip or (800) 843-5678.

(These safety tips are provided by the FBI Educational Web Publications [www.fbi.gov/kids/internet].)

About

Attention Deficit Hyperactivity Disorder

"I went to sleep with gum in my mouth and now there's gum in my hair and when I got out of bed this morning I tripped on the skateboard and by mistake I dropped my sweater in the sink while the water was running and I could tell it was going to be a terrible, horrible, no good, very bad day."

From: *Alexander and the Terrible, Horrible, No Good, Very Bad Day*, by Judith Viorst

Attention deficit hyperactivity disorder (ADHD) is the name of the learning disability/conduct disorder of children who are overactive, do not pay attention, and don't think before acting. Often parents notice ADHD by age 7. In school-aged children who may have ADHD, the parent or teacher may see these problem behaviors:

Children who don't pay attention:

- Have difficulty doing a job • Don't finish jobs • Don't listen • Are easily distracted
- *Can't* pay attention to school work, even if they *want* to • Can't stick to one activity at play

Children who act without thinking:

- Can't plan a job • Often lose pencils or paper or homework • Need watching all the time
- Answer out of turn • Can't follow rules • Can't work for a goal; need rewards right away

Children who are overactive:

- Run around all the time • Can't sit still • Move around even while asleep!
- Are always going; never finish anything before starting something else

Children who may have these traits:

- stubbornness • problems with coordination • easily frustrated • problems with speech • bullying
- learning difficulties • temper outbursts • lack of response to discipline

If you have a child or care for a child who has ADHD, know your limits and do not be afraid to ask for help. Get support from family, therapists, and special education teachers or other community resources. Visit www.chadd.org, a support and advocacy coalition for ADHD on the web or call (800) 233-4050.

Here are some steps that may help your child...

- Praise your child's positive behaviors. This lets your child know when she is doing something well and making a good choice.
- Put up simple rules for your child to read or have him draw pictures for the rule. Go over the rules often with your child: it will help him know what is expected.
- Accept the absentmindedness of most ADHD children. Your child may need to be reminded again and again. Your child is not being willful and stubborn when she can't remember.
- Set a regular schedule for meals, homework, TV, getting up, and going to bed. Don't change the timing, because your child needs the set routine.
- Provide fun outlets for the release of energy through running or other exercise that is active but safe. The ADHD child often has difficulty with team sports, so find a recreation resource in your community designed for children with ADHD. Seek recreation activities that have few rules and fit the attention, concentration, impulsiveness, and restlessness of the child.

(Adapted from *Parenting the Child with Attention-Deficit Hyperactivity Disorder*/Kaiser Permanente, Department of Health Education and Health Promotion, and *Caring for Children with Special Needs: Attention Deficit Disorder*, National Network for Child Care.)

Young Children - Health/Human Services

Health Services

Alexandria Health Department

517 N. Saint Asaph Street

Alexandria, VA 22314

Fee: Based on income and family size.

Child Health Clinic (703) 838-4414

Hours: By appointment only. MW, 8 a.m.-noon; W, 12:45-5 p.m.

Eligibility: Ages 3-11 years

Provides school entry physical examination for children of low-income families.

Dental Clinic (703) 838-4420

Hours: By appointment only.

Eligibility: Ages 4-21 years

Fees: Based on income and family size.

Services include cleaning, fluoride, sealant, complete oral examinations, filling, and extraction.

INOVA Alexandria Hospital-4 West (Pediatrics)

4320 Seminary Road

Alexandria, VA 22304

(703) 540-3340

Hours: 24-hour care.

Fees: Medicare, Medicaid, and other insurances. In person or referred by a physician.

Provides general pediatric care, overnight patient observation services, and family-centered care.

Mentoring

Alexandria Health Department

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4400 ext. 215

Hours: M-F, 9 a.m.-5 p.m.

Eligibility: Alexandria residents ages 9-17

Offers free program of building life skills to at-risk youth ages 9 to 17 at community centers, schools, and churches throughout the City. Provides mentoring, homework assistance, recreational and cultural activities, preventive health care, health education, counseling, and referral to other agencies.

Alexandria Office on Women Project Stepout and Project Manhood

421 King Street, Suite 400

Alexandria, VA 22314

(703) 838-5030 Fax (703) 838-4976

Hours: M-F, 8 a.m.-5 p.m.

Fees: No charge.

Offers Project Stepout and Project Manhood, and three-phase

Tip

Family Dinner Time

According to Dr. Kathleen Mullin Harris, researcher from the University of North Carolina:

"There's something about sharing this time on a regular basis that promotes healthy development."

- **Make the mealtime pleasant**, something the children look forward to, by sharing funny events and talking about things of interest to the children. Try not to use dinner time as an opportunity to criticize or put a child on the spot about an uncompleted chore or unfinished homework.
- **Be sensitive** to your children's feelings and limits. Don't try to make the mealtime last too long at first if you haven't been eating together regularly as a family.
- **Turn off the television.**
- **Make the same rules** for both kids and parents: No telephone calls during dinner.
- **Avoid "parents-only" conversations** about work or other exclusively adult issues.
- **Begin family meal times now**, if your children are young, to establish the pattern and parent-child connections.
- **Ease into the new routine** if you haven't been in the habit of sharing multiple family dinners weekly. Teens and adolescents may resist if they see it as forced family time that infringes on their personal schedules. Including their friends around the dinner table from time to time might help.
- **Be persistent.** Between work, school, sports, band, and other activities that both children and parents are involved in, it can be a real challenge to carve out family dinner time at least five times a week. Keep trying and working toward the goal. Two meals are better than one; three are better than two.
- **Be creative.** If your and your children's schedules simply make it impossible to eat multiple dinner meals together weekly, choose another time that provides similar opportunities for regular, uninterrupted, face-to-face interaction.

Young Children - Human Services

programs that provide adolescent girls and boys with information and skills for taking control of their lives in a responsible manner to become productive citizens. The core curriculum consists of skill- and confidence-building exercises in communication, decision making, goal setting, and career planning.

Big Brothers Big Sisters–National Capital Area

The Aerospace Building
10210 Greenbelt Road, Suite 900
Lanham, MD 20706
(301) 794-9170 Fax (301) 794-9180
Volunteer Hotline: (888) NEED BIG

Offers a mentoring services program focusing on meeting a child's basic developmental needs. A Big Brother Big Sister mentor commits to incorporate a child into his or her life and spends an average of four hours weekly with a Little Brother or Little Sister. Each match is carefully administered by trained personnel guided by rigorous standards.

The Grandfathers Group Mentoring Program

418 S. Washington Street
Alexandria, VA 22314
(703) 549-1607 ext.128 Fax (703) 549-2097
www.campaignacenter.org/grandfathersgroup.htm
gransfathersgroup@campaignacenter.org
Hours: MWThF, 10 a.m.-5 p.m.
Fees: None

Program recruits and trains African-American men (over age 50) to serve one-to-one as positive role models for African-American boys, ages 6-12, to promote and enhance positive development in young males whose fathers are absent from the home. Also offers Second Saturday Club team mentoring once each month when groups of mentors and youth engage in activities and projects teaching the positive values of good citizenship, respect, responsibility, cooperation, honesty, fairness, and others.

Tip

How Well Do You Know Your Child's Peers?

This short exercise will help parents begin to see how to become positively engaged with their children on their peer influences.

- Name your child's best friend.
- Name your child's next closest five or six friends.
- Do you know those friends' ages?
- Name those friends' parents' first names.
- Describe those friends' relationships with their parents.
- Name as many young people as you can in your child's peer group (usually about 50 individuals).
- Describe the social and behavioral characteristics of the leading (most popular) crowd at your child's school.
- Describe the social and behavioral characteristics of your child's school.

(Source: *Peer Potential: Making the Most of How Teens Influence Each Other*, by Peter Bearman and Hannah Bruchner, B. Bradford Brown and Wendy Theobald, Susan Philliber. Available from the National Campaign to Prevent Teen Pregnancy, 2100 M Street, NW, Suite 300, Washington, DC 20037 [www.teenpregnancy.org].)

Young Children - Human Services

Keeping Our Children Safe from Abduction and Strangers

Teach children that strangers are anyone they don't know, and that they cannot tell the good guys from the bad guys by how they look or what they say. Teach children ways they can keep themselves safe when by themselves. Assure children that grownups who need help should go to another adult; children are not responsible for assisting grownups. Help them to trust their instincts: don't minimize fears, but teach children to pay attention to their feelings—if something feels wrong or fishy, it's okay to be afraid, run for safety, or ask a trusted adult for help.

Here are a few safety rules that children should always follow when they are not with an adult who is taking care of them:

- Stay at least an arm's reach away from strangers. Stand up, back up, and run to someone who can help, when they feel afraid.
- Don't talk to strangers.
- Don't get close enough to take anything from strangers—not even their own belongings.
- Don't go anywhere with someone they don't know.
- Never approach a car for any reason, even if the driver looks lost or asks for help, unless they have permission from an adult they know and trust.
- Always ask a parent's permission to leave the house, yard, or play area, or to go to someone else's home.

These are some ways parents can help keep children safe:

- Coordinate among a few neighbors, well known and trusted by each other, to provide “safe havens” for each other's children in case of trouble.
- Remember that children are often abducted by people they know—not just “strangers”—and that children of all ages, from infants to teens, can be vulnerable.
- Teach children about inappropriate touching; insist that they tell you or a trusted adult if anyone asks personal questions, touches them, or does or says anything to them to make them feel uneasy or scared.
- Warn your child about tricks kidnappers use to lure children, such as asking for directions, seeking help in finding a lost pet, or claiming there is a family emergency.
- Make sure your children know their full name, address, and phone number (including the area code).
- NEVER leave children alone in a car or stroller, not even for just a minute.
- Keep a current photo of your child available, as well as current height, weight, and other physical characteristics so you can readily provide these to police in an emergency.
- Monitor children's Internet activities and instruct them never to give out personal information.
- When you take your children to a public place such as a mall or park, discuss what to do if you become separated.
- If your children are old enough to stay home alone, make sure they keep the doors locked and teach them to NEVER reveal to anyone who knocks or calls that they are alone.

Please call the Alexandria Police Department if you require further assistance: (703) 838-4444.

Young Children - Recreation

After-School Fun

Alexandria Department of Recreation, Parks & Cultural Activities

1108 Jefferson Street

Alexandria, VA 22314

(703) 838-4343/4344 TTY (703) 838-4842

After-School Fun (ages 6-12)

A small fee may be charged for some trips, workshops, or special events.

Centers, Youth Sports, and Playgrounds operate two after-school programs at each middle school, seven full-time centers, and five after-school centers, in neighborhoods located throughout the City. Additionally, eleven playgrounds are in operation during the summer months. Programs are developed to meet the social/recreational needs of the community and generally include sports instruction and leagues; arts programs such as crafts, dance, drama, ceramics, photography, and music; trips to sporting, cultural, and entertainment attractions; and special events, such as track meets, fashion shows, dances, and play festivals.

Tutoring and counseling programs are available at some locations as well as day camps. In addition, the Alexandria Cooperation Extension Service/4-H offers youth educational programs teaching life skills so youth develop to be productive society members.

The Youth Sports Program provides boys and girls ages 6 to 17 opportunities in football, basketball, soccer, tee-ball coach pitch, baseball and softball, girls softball, Little League, track and field, and tennis. Practices and games are held throughout the City at schools and recreation facilities. Information is also available on Alexandria Soccer Association youth soccer league.

City Skatepark 3300 Duke Street (Luckett Field)
Skatepark opens daily at 9 a.m.; closing hours vary by season: Apr./Aug./Sept., 7 p.m.; May/June/July, 8:30 p.m.; Oct.–Mar., 5 p.m. Participants must be 6 years and older; under 10 must be accompanied by an adult. All participants required to wear helmets and elbow and knee pads at all times.

SUMMER PLAYGROUNDS

Ben Brenman Park	5000 Duke Street
Maury	600 Russell Road
Four Mile Run	Mt. Vernon Ave. at Bruce Street
John Adams	5651 Rayburn Avenue
Warwick	3301 Landover Street
Jefferson-Houston	1501 Cameron Street
MacArthur	1101 Janney's Lane
Tancil Court	located on Tancil Court
28th Street Park	located on 28th Street
Stevenson Park	300 Stulz Road
Power Up	3801 W. Braddock Road

FULL-TIME RECREATION CENTERS

Charles Barrett

1115 Martha Custis Drive (703) 838-4818

Charles Houston

905 Wythe Street (703) 838-4814

Mount Vernon

2701 Commonwealth Avenue (703) 838-4825

Nannie J. Lee

1108 Jefferson Street (703) 838-4845

William Ramsay

5650 Sanger Avenue (703) 838-4826

Patrick Henry

4643 Taney Avenue (703) 751-7052

Cora Kelly

25 W. Reed Avenue (703) 838-6464

AFTER-SCHOOL CENTERS

After-School Centers are drop-in recreation programs supervised by quality staff. Programs meet Monday through Friday and close for school holidays and vacations. For information, call (703) 838-4812.

Maury

600 Russell Road (703) 683-2348

Mid-October–May, Youth 2:45-6 p.m.

Durant

at Jefferson-Houston School (703) 706-4400

1501 Cameron Street

Sept.–June

John Adams

5651 Rayburn Avenue (703) 578-3388

Sept.–June, Youth 2:20-6 p.m.

MacArthur

1101 Janney's Lane (703) 838-4830

Sept.–June, Youth 2:45-6 p.m.

Teens MW, 6-8 p.m.

(Teen hours vary during basketball season)

George Mason

2601 Cameron Mills Road (703) 548-4819

Mid-Oct.–May, Youth 2:45-6 p.m.

Young Children - Recreation

After-School Development Programs

Boy Scouts of America

9190 Rockville Pike
Bethesda, MD 20814
(301) 530-9360
www.gshipp@boyscouts-ncac.org
Hours: M-F, 9 a.m.-5 p.m.
Fees: Annual registration fee of \$10.
Eligibility: Ages 7-20
Program develops youth to be physically, mentally, and emotionally fit. Achieves objectives of developing character, citizenship, and personal fitness qualities among youth by focusing on vigorous outdoor activities.

Girl Scout Council of Nation's Capital

4301 Connecticut Avenue, NW
Washington, DC 20008
(202) 237-1670 (800) 523-7898 Fax (202) 274-2161
www.gscnc.org
Hours: M-F, 9 a.m.-5 p.m.
Fees: Annual registration of \$10. Financial assistance is available for girls unable to pay for Girl Scout activities.
Eligibility: Grades K-12
Offers a variety of experiences that increase girls' understanding of themselves, each other, and their community. Participants learn responsibility, decision making, leadership through various activities, including community and outdoor activities.

Untouchables

Charles Houston Center
901 Wythe Street
Alexandria, VA 22314
(703) 838-5075
Hours: 4:30-7 p.m.
Eligibility: Grades 1-12
Free prevention program with scheduled activities, including homework assistance, nutritional education, Rites of Passage, African-American history workshops, field trips, and problem-solving, decision-making, and skill-building exercises.

Y.M.C.A.-After-School

420 E. Monroe Avenue
Alexandria, VA 22301
(703) 838-8085 ext. 209
www.ymcawashdc.org
Hours: M-F, 2:30 p.m.-6:30 p.m.
Eligibility: Grades K-5
Fee: YMCA members, \$55/week. Non-Members, \$65/week (financial assistance available for those unable to pay full fees). Activities include homework assistance, computer time, sports and games, arts, crafts, and swimming. Transportation from Maury, Mt. Vernon, George Mason, and Cora Kelly schools.

Camps

Alexandria Olympic Boys & Girls Clubs Day Camp

401 N. Payne Street
Alexandria, VA 22314
(703) 549-3077 (703) 549-1318
www.bgcgw.org
Hours: T-F, 7:30 a.m.-5 p.m.
Fees: Annual club membership \$5 for youth, \$10 for adults.
Eligibility: No residency requirement. Ages 6-13
Offers summer day camping to club members for an additional camp registration fee. Camp staff provides individualized attention as part of structured recreation/education activities. Call for current summer camp schedule/fees.

Alexandria Police Department

2003 Mill Road
Alexandria, VA 22314
(703) 560-5523 Fax (703) 838-6345
Hours: Daily, 24 hours
Fees: \$25 fee for city residents, and \$175 for non-residents.
Eligibility: Ages 9-12
Camp operates 8-9 weeks during the summer. Approximately 120 boys and girls attend week-long sessions. Donations and city contributions fund the camp. Apply at the Police Department or the Recreation Department or through the schools.

Alexandria Seaport Foundation-Potomac Discovery

P. O. Box 25036
Alexandria, VA 22313
(703) 549-7078 Fax (703) 549-6715
www.capaccess.org/asf
Hours: Flexible half-days, either morning or afternoon
Fees: Free; grant funded.
Eligibility: Ages 10-14
ASF has three programs that serve the Washington, DC, metro area communities: boat building, environmental, and on-the-water. ASF provides apprenticeship opportunities for at-risk youth and for community service organizations, as well as paying jobs in environments that help young people turn their lives around. ASF also provides hands-on education to augment school studies in math, chemistry, biology, and environmental science. Sessions lasting 3 days to 1 week, Spring through Fall, start weekly. Call for information and to register.

The Art League

105 N. Union Street
Alexandria, VA 22314
(703) 683-2323 Fax (703) 683-0167
www.theartleague.org
Hours: M-Sa, 10 a.m.-7 p.m., Su, noon-5 p.m.
Fees: \$75-\$205; limited scholarships available.

Young Children - Recreation

How to Choose a Camp

Take the time to identify camps that best fit your child's needs, interests, and temperament. Most summer camps provide a range of activities—such as swimming, hiking, archery, and crafts. Some camps are specialized and focus activities around a particular hobby, sport, or activity: baseball, language studies, computers, bicycling, fencing, and aviation are some examples. Talk to friends who may have already gone through the process of choosing a camp and can share information with you. If you're sending your child to camp for the first time, choosing one that is relatively close to home might provide some reassurance. Start the summer camp decision process early: some camps close their enrollment as early as January.

Some things to consider when choosing a camp:

- What type of camp: Same-sex or coed? Overnight or day camp?
- Should you consider a specialty camp that offers a focused curriculum, such as basketball, or a special-needs camp designed for specific physical or medical disability?
- How long a session? A child may attend camp for a week or two—or an entire summer.
- Is the staff trained in safety, supervision, counseling, problem solving, and other issues important to working with young children?
- Is the price all-inclusive or do extra charges apply for transportation, food service, group pictures, T-shirts, special skills instruction such as horseback riding, and other items? Check with local agencies and/or specific camps to find out about scholarship availability and eligibility.
- For day camps, if before and after care is offered to accommodate working parents, who will be supervising children and what activities take place?
- Is lunch and/or a snack served, or do campers bring their own?
- If swimming is offered, are lessons included, or is swimming only recreational?
- Does one counselor stay with a group all day? Or are campers free to roam from one activity to another? How is adequate supervision assured?
- Are parents allowed to drop by for visits at any time?

As an additional consideration, camps accredited by the American Camping Association (ACA) comply with nationally recognized health, safety, and program quality standards, including these requirements: emergency transportation; first aid facilities and training; aquatic programs supervised by staff who are certified lifeguards; health histories, including immunizations, for all campers and staff; emergency exits from second-floor sleeping quarters.

Web Resources

American Camping Association (Virginia Section) www.acavirginiacamps.org (800) 347-7523

The American Camping Association is a not-for-profit educational body that accredits all types of camps throughout the United States. The Virginia Section provides information and a free directory of residential camps in Virginia and West Virginia.

Frost's Summer Camp Guide www.gocamps.com (973) 875-8278

This website has articles for kids and for parents and also has a discount summer camp page. Visitors can customize searches by region or camp specialty. Publishes an annual magazine listing summer camps.

Camp Page Guide to Summer Camps campaage.com (828) 877-6653

This website is a national resource guide for traditional summer camps in the United States and Canada with comprehensive camp lists and descriptions of camps by state.

National Camp Association www.summertimecamp.org (800) 966-CAMP (2267)

NCA is an independent organization whose main goal is to supply the public with recommendations about summer camps. Get advice on how to choose a summer camp, then fill out a questionnaire for a list of camps that might be right for your child.

Young Children - Recreation

Eligibility: Ages 5 years and older; co-ed

General art classes are available all year round in two- and three-dimensional studies; 9-week classes and 5 half-day session classes are offered. Classes include art fundamentals, drawing, painting, cartooning, ceramics, and sculpture; check website or call for a full catalog of offerings. Summer Art Camp runs in 5 consecutive day sessions of 2½-hour classes in morning and/or afternoon from late June through mid-August, with experiences ranging from drawing to painting to printmaking and sculpture. Offers specialty camps in jewelry, fiber, and multicultural multimedia.

Campagna Kids

Campagna Center
418 S. Washington Street
Alexandria, VA 22314

(703) 549-0070 (703) 549-2097

www.campagnacenter.org

Hours: 7 a.m.-6 p.m.

Fees: Registration fee and sliding scale session fee; fee includes lunch, snack; registration open until programs are full. Eligibility: Registration, health, and immunization forms; Ages 5-12 years, co-ed

Program is designed to offer an exciting, fun-filled camp experience for school-age children. Includes field trips, swimming, and a wide variety of activities. Two 4-week sessions offered.

Cardinal Basketball Camp

Bishop Ireton School
201 Cambridge Road
Alexandria, VA 22314

(703) 751-7608 Fax (703) 751-7948

www.ireton.org

Hours: 8:30 a.m.-3:30 p.m.

Fees: \$125-\$150; registration open until full.

Eligibility: Ages 6-14 years, co-ed

Offers four single-week sessions of fundamental basketball instruction.

National Urban League Incentive to Excel Succeed—(NULITES) Program

1315 Duke Street
Alexandria, VA 22314

(703) 836-2858 Fax (703) 836-8948

Hours: Ongoing activities and meetings 1st and 3rd Saturdays.

Eligibility: Ages 12-18; co-ed

NULITES is a free nationwide program that promotes positive attributes in urban youth while providing opportunities for personal development and leadership. The program goals are met through two components—Education Seminars and Community Service Projects: the former provides opportunities for the youth to fully explore future options, and the latter provides opportunities to gain hands-on experience.

Y.M.C.A.—Summer Camp

420 E. Monroe Avenue
Alexandria, VA 22301

(703) 838-8085, ext.209

www.ymcawashdc.org

Hours: 9 a.m.-5 p.m. Before/after care, 8-9 a.m., 5-6 p.m. available for added fee.

Eligibility: Ages 5-13

Fees: Financial assistance is available. Fees vary from \$300-440/2 weeks. Call for fees and schedules.

Provides three types of camp (Traditional, Sports, or Water Works). Activities vary and may include sports, computer lab, swimming, arts and crafts, movies, field trips, instructional swimming, water safety, first aid, CPR, and canoeing.

Camp Good Times (Ages: 5-11)

Hours: 9 a.m.-4 p.m. Before/after care: 7-9 a.m., 4-6 p.m.

Fees: \$125/week, scholarships available (Registration: \$25; before/after care may add cost).

Sessions of one week or more, offered from the end of June through mid-August; each week is packed with fun-filled activities including daily swimming, weekly field trips, arts and crafts, fitness, instructional sports, games, and singing.

Down on the Farm (Ages: 5-7, 8-10, 11-12)

Fees: Per 2-week session: Member \$300, Community \$320.

Offers 2-week session of farming experiences, such as milking a cow, churning butter, and growing a garden. Also features games and songs.

Tip

Safety for Kids on the Move

Bicycle Safety

- **Always have your child wear a helmet.**

Head injury is the leading cause of death and permanent disability in bicycle crashes. Bicycle helmets reduce the risk of head injury as much as 85%.

- **Always buy your child the right size bike,** not one a child has to “grow into.”

Pedestrian Safety

- **Children are not small adults.** Until children are at least 10 or 11 years old, they don't have the skills to handle traffic.
- **Children should wear bright-colored clothing** in the daytime and carry flashlights or wear retroreflective materials at night.

(www.fra.dot.gov/site/index.htm)

Chapter IV Teenagers — Middle & High School





Teenagers - Middle & High School

Chapter IV Teenagers – Middle & High School

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Teenagers - Counseling

Developmental Stages in Teenagers (13+ years)

Middle Adolescence from 13-15 years: A Time of Change

Teens struggle with rapid growth, sexual maturation, and desire for independence from their parents. Parents need to keep in mind that their child's hormones have more control over their moods than they do.

Teens have a strong sense of fairness and are judgmental of adults and peers who do not do what is "fair."

Teens have a deep need for love and acceptance by parents and peers. Parents should be aware that such a need is often hidden in an effort to act maturely.

Habits such as refusal to wash, poor manners, and untidy dress are normal ways for teens to try to become independent. Parents should set strict standards *only* when it is very important.

Physical need for extended periods of rest is normal. Parents often mistake this for laziness.

Too little rest can result in moodiness. Parents should try to be cheerful and ignore the moods.

Teens find security in structure although few ever admit it to parents. Parents need to be firm and consistent.

Rules need to be enforced. Parents should explain the reasons why very briefly, along with the consequences of breaking rules.

Parental expectations should be kept reasonable. Praise your child when he or she does well.

Late Adolescence from 16-18 years: Decisions

Mature appearance and behavior may be misleading. Parents should acknowledge that this is a time of frustration and depression for teens because of fears about facing adulthood, school pressures, social life, first-time employment, and future planning.

Opportunities for drug and alcohol experimentation are common. Parental objectives should be to get teens through this stage alive and intact. Parents should be clear about the dangers of drinking, drugs, and driving. Parents can provide their teens with transportation, NO QUESTIONS ASKED, rather than have them ride with a driver who has been drinking or using drugs. Parents can also provide transportation with taxi fare or a close friend who is willing to help.

Once teens become sexually active, they remain sexually active. Parents should provide information on contraceptives and other sexual matters. If open communication is not possible, the teenager should at least be told where help can be found. Pregnancy and venereal diseases can be dangerous to bodies that are not fully matured.

Career choices can be difficult. Parents should help teens explore careers that are suited to them rather than careers that the parents wish they would pursue.

Parents should at least occasionally arrange to spend time together with their teens. Although it's often difficult at this stage, a shared, enjoyable activity for both parent and child can enhance communication and strengthen the relationship.

(Adapted from National Committee for Prevention of Child Abuse, Hawaii Chapter [www.ncac-hsv.org/stages.html])

Adolescent Counseling

Al-Anon Service Center of Northern Virginia

9401 Mathy Drive, Suite 270

Fairfax, VA 22301

(703) 764-0476

www.alanonva.com

Hours: M-F, 12:30 p.m.-4 p.m.

Fees: No charge.

Provides support groups for friends and families of alcoholics. Over 150 groups meet throughout the area during the day and the evening. Some groups meet after school. Adults supervise preteen groups (ages 6-12) and Alateen groups (ages 12-19). Call for meetings, times available.

Alexandria City Public Schools—Guidance Counseling

2000 N. Beauregard Street, Suite 203

Alexandria, VA 22311

(703) 824-6650

www.acps.k12.va.us

Hours: M-F, 8 a.m.-5 p.m.

Fees: No charge.

Provides guidance to students and parents in all areas of human needs. Also provides information about transcripts, testing and evaluation, and special reports (dropout information, college boards, PSAT, Advanced Placement statistics, and graduation competency data).

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse—Mental Health Center

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-6400

Hours: MTW, 8:30 a.m.-9 p.m.; ThF, 8:30 a.m.-5 p.m.

Fees: Sliding scale. Accepts Medicaid, Medicare, insurance.

Provides comprehensive mental health services to youth, including home-based treatment, individual, group and family therapy, intensive case management, psychiatric evaluation, medication management, and psychological evaluation.

Alexandria Health Department—Adolescent Clinic

3701 W. Braddock Road

Alexandria, VA 22302

(703) 519-6006 Call ahead; appointments preferred.

Hours: M-F, 10 a.m.-5 p.m. (Stops taking patients at 3:35 p.m.)

Provides a variety of free health services to adolescents ages 12 through 19, who are residents of the City of Alexandria. Includes physical exams, treatment of minor illnesses, immunizations, family planning, pregnancy testing, treatment of sexually transmitted diseases, HIV counseling and testing, mental health and substance abuse counseling. Physicals, treatment of

About

Depression/Suicide

Unlike adults, youth do not have the ability to think about life and events in a broader perspective or “big picture” way, tending to believe that any unhappiness they are feeling and experiencing will go on forever. Everything happening to them is in the “here and now”: they can’t begin to think that a brighter future might be just around the corner. They often don’t believe that anyone can help them and feel helpless and hopeless within their situation. They believe that they can either live with the pain or end it by ending their life. Warning signs are a cry for help: the more signs and risk factors observed, the greater the risk of a suicide attempt.

Signs of depressive and suicidal tendencies can include

- A previous suicide attempt.
- Current talk of suicide or making a plan.
- Strong wish to die, preoccupation with death, giving away prized possessions, putting closure on relationships.
- Signs of depression, such as withdrawal, moodiness, hopelessness, disinterest in activities previously enjoyed, sharp decline in school or work performance.
- Increased alcohol and/or drug use. (Drug or alcohol use can be both a cause and a symptom of depression.)
- Changes in sleeping habits or always feeling tired despite a lot of sleep.
- Changes in eating, weight, and dress because of inability to focus or make decisions.

If you suspect suicidal tendencies, take the following steps:

- Ask the person about his or her feelings, especially if suicide is mentioned. Listen in a nonjudgmental way, allowing the person to vent thoughts and see that you care.
- Get help. If a colleague or classmate mentions suicide, get in touch with a mental health professional—even if you are asked to promise secrecy—because the person’s life is in danger.
- Try to set up an appointment for the person.

Teenagers - Counseling

minor illness or injury, and immunizations require parental consent under Virginia law.

Alexandria Office on Women Sexual Assault Response & Awareness (SARA)

421 King Street, Suite 400

Alexandria, VA 22314

(703) 838-5030 (voice/TTY)

(703) 683-7273 24-hour Hotline (voice/TTY)

Hours: M-F, 8 a.m.-5 p.m.

Fees: No charge.

The Sexual Assault Response and Awareness (SARA) Program offers support to victims of sexual assault and their families and friends. The hotline's professional staff and trained volunteers are available 24 hours a day to provide confidential emotional support, crisis intervention, and medical referrals. Staff or volunteers help victims with information about legal options and accompany victims through the court process. The program also provides short-term counseling for victims of sexual violence. A variety of support groups are available, including groups for adolescent survivors of sexual assault or childhood sexual abuse.

CrisisLink

5275 Lee Highway, Suite 301

Arlington, VA 22207-1619

Hotline (703) 527-4077

About

Eating Disorders & Obesity

Eating disorders have become increasingly more prevalent among youth. At the same time obesity rates for youth are up. Obesity is the primary American youth health problem, and approximately 1 in 5 children is considered overweight. Besides obesity, the most common eating disorders are anorexia, bulimia, and binge eating. All three are characterized by fear of obesity, excessive concern about body weight and shape, and subsequent abnormal eating patterns. The effects of these disorders range from mild weight loss, malnutrition, and depression to delayed sexual development, heart problems, and even death!

If someone you care about appears to be struggling with obesity or an eating disorder, tell a doctor, school nurse, teacher, parent, or any supportive adult.

Useful links:

Teenagers with Eating Disorders

www.aacap.org/publications/factsfam/eating.htm

Eating Disorder Referral & Information Center

www.edreferral.com

Office (703) 527-6603 Fax (703) 516-6767

www.crisislink.org

Hours: M-F, 9:30 a.m.-5 p.m.

Specializes in preventing trauma, distress, and tragedies through crisis response, support, education, youth outreach, depression screening, and a suicide informational hotline.

Certified by the American Association of Suicidology and the National Organization for Victim Assistance.

Family Center of the Arlandria Health Center for Women & Children

3802 Executive Avenue, #D-1

Alexandria, VA 22305

(703) 535-7930 Fax (703) 535-7950

Hours: M-F, 9 a.m.-4 p.m.

Fees: Sliding fee.

Offers bilingual counseling for individuals, families, or couples, case management, art and play therapy for children, and parenting classes.

Northern Virginia Family Services

10455 White Granite Drive, Suite 100

Oakton, VA 22124

(703) 385-3267 (main office—call for branch locations)

www.nvfs.org

Hours: Vary; evening appointments available.

Fees: Sliding fee (income eligible). Accepts insurance, Medicare, Medicaid.

Offers individual, family, marital, and group counseling and education programs, including parenting classes.

United Methodist Family Services of Virginia

6335 Little River Turnpike

Alexandria VA 22312

(703) 941-9008 Fax (703) 750-0621

www.umfs.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Sliding fee. Accepts insurance.

Offers individual, family, marital, and pregnancy counseling and a men's anger management group. Provides a complete intake assessment, which leads to appropriate referrals.

Substance Abuse Counseling

Alcoholics Anonymous (Northern Virginia)

8501 Lee Highway

Fairfax, VA 22031

(703) 876-6166 (24 hours) Fax (703) 876-6168

www.aavirginia.org

Hours: Daily, 10 a.m.-8 p.m.; by phone 24 hours.

Provides free help with alcohol-related problems. Operates a 24-hour hotline.

Teenagers - Counseling

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse

2355-A Mill Road

Alexandria, VA 22314

(703) 838-4525

Hours: (Office) M-Th, 7 a.m.-9 p.m.; F, 7 a.m.-6 p.m.

Fees: Sliding fee scale. Accepts insurance.

Substance Abuse Services: Offers outpatient substance abuse education and counseling for individuals, groups, and families and a concerned persons workshop. Operates a methadone clinic for Alexandria residents. Conducts HIV testing and pre- and post-test counseling for clients.

Substance Abuse Prevention & Early Intervention Program:

M-F, school hours; some evenings/weekends.

Fees: Vary; some free services. All Alexandrians are eligible regardless of ability to pay. Accepts insurance.

Provides substance abuse education, prevention, early intervention, and consultation for residents ages 6-18. Offers children's/adolescents' programs at various schools and recreation centers and the Alexandria Adolescent Health Clinic.

Alexandria Health Department-Adolescent Clinic

3701 W. Braddock Road

Alexandria, VA 22302

(703) 519-6006 Call ahead; appointments preferred.

Hours: M-F, 10 a.m.-5 p.m. (Stops taking patients at 3:35 p.m.)

Provides a variety of free health services to adolescents ages 12 through 19, who are residents of the City of Alexandria. Includes physical exams, treatment of minor illnesses, immunizations, family planning, pregnancy testing, treatment of sexually transmitted diseases, HIV counseling and testing, mental health and substance abuse counseling. Physicals, treatment of minor illness or injury, and immunizations require parental consent under Virginia law.

Narcotics Anonymous (Northern Virginia)

P. O. Box 7113

Falls Church, VA 22046

(703) 532-1255 (24 hours) (800) 543-4670

www.na.org

Hours: Daily, 24-hour voice mail and helpline.

Self-help support for those with substance abuse problems.

Vanguard Services Unlimited

521 N. Quincy Street

Arlington, VA 22203

(703) 841-0703 Fax (703) 841-2316

www.vanguardservices.org

Hours: M-F, 9 a.m.-5 p.m.

Fees: Accepts insurance, some public/private funds, scholarships.

Offers outpatient and residential treatment for young people experiencing life difficulties because of alcohol and/or substance abuse.

About

Substance Abuse: Debunking the Myths of Alcohol

You're smart, right? And you want the truth.

But are you ready for the truth?

Okay. You have heard all kinds of stuff about drinking alcohol, but this is the real story.

And all these myths are out there...

Myth: Alcohol gives you energy.

Truth: Nope. It's a depressant. It slows down your ability to think, speak, move, and all that other stuff you like to do.

Myth: Switching between beer, wine, and liquor will make you more drunk than sticking to one type of alcohol.

Truth: Whatever! Your blood alcohol concentration—otherwise known as BAC, the percent of alcohol in your blood—is what determines how drunk you are. Not the flavors you selected. Alcohol is alcohol.

Myth: You'll get drunk a lot quicker with hard liquor than with a beer or wine cooler.

Truth: Did we mention that alcohol is alcohol?

Myth: A cold shower or a cup of coffee will sober someone up.

Truth: Not on your life. Nothing sobers you up but time. You may be clean and awake, but you're still drunk.

Myth: It's none of my business if a friend is drinking too much.

Truth: If you are a real friend, it is your business. You can't make someone change, but you can be honest. Maybe your friend will listen. You might even talk a person into getting help.

Myth: The worst thing that can happen when you drink is to end up with a raging hangover.

Truth: Sorry. If you drink enough alcohol, fast enough, you can get an amount in your body that can kill you in only a few hours.

(Adapted from American Academy of Pediatrics [www.aap.org])

Teenagers - Education

Secondary Schools

Alexandria City Public Schools

Francis C. Hammond Middle School (Grades 6-8)

4646 Seminary Road
Alexandria, VA 22304
(703) 461-4100 Fax (703) 461-4111
www.acps.k12.va.us/hammond/index.html

George Washington Middle School (Grades 6-8)

1005 Mt. Vernon Avenue
Alexandria, VA 22301
(703) 706-4500 Fax (703) 706-4507
www.acps.k12.va.us/washington/index.html

Minnie Howard 9th Grade Center

3801 W. Braddock Road
Alexandria, VA 22302
(703) 824-6750 Fax (703) 824-6781
www.acps.k12.va.us/howard/mhshome.html

Secondary Training & Education Program (STEP) (Grades 9-12)

3330 King Street
Alexandria, VA 22302
(703) 824-6631 Fax (703) 931-0652
www.acps.k12.va.us/step/index.html

T.C. Williams High School (Grades 10-12)

3330 King Street
Alexandria, VA 22302
(703) 824-6800 Fax (703) 824-6826
www.acps.k12.va.us/tcw/index.html

Tip

Please Listen

When I ask you to listen to me and you start giving me advice, you have not done what I asked.
When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.
When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.
Listen! All I ask is that you listen.
Don't talk or do—just hear me.

The 7 Habits of Highly Effective Teens, by Sean Covey

Private Schools

Alexandria County Day School (Grades K-8)

2400 Russell Road
Alexandria, VA 22301
(703) 548-4804 Fax (703) 549-9022
Hours: M-F, 8 a.m.-5 p.m.
www.acdsnet.org

Bishop Ireton High School (Grades 9-12)

201 Cambridge Road
Alexandria, VA 22314
(703) 751-7606 Fax (703) 212-8173
www.bishopireton.org

Episcopal High School (Grades 9-12)

1200 N. Quaker Lane
Alexandria, VA 22302
Hours: M-F, 8:30 a.m.-5 p.m.
(703) 933-3000 Fax (703) 933-3017
www.episcopalhighschool.org

Immanuel Lutheran School (Grades K-8)

109 Belleaire Road
Alexandria, VA 22301
(703) 549-7323 Fax (703) 549-7323
www.ilsalex.org

St. Rita School (Grades K-8)

3801 Russell Road
Alexandria, VA 22305
Hours: 8:30 a.m.-3 p.m.
(703) 548-1888 Fax (703) 519-9389
www.saintrita-school.org

St. Stephen's & St. Agnes Middle School (Grades 6-8)

4401 W. Braddock Road
Alexandria, VA 22304
(703) 212-2741 Fax (703) 578-0193
www.sssas.org/index.cfm#

St. Stephen's & St. Agnes Upper School (Grades 9-12)

1000 St. Stephen's Road
Alexandria, VA 22304
(703) 751-2700 Fax (703) 751-7143
www.sssas.pvt.k12.va.us/index

College Preparation

Steps to Selecting a School:

- Establish your goals and interests.
- If you know what careers interest you, find out what kind of education and training you'll need to work in those fields.
- Make sure you are academically prepared for college and that you've taken the standardized tests that may be required for admission.
- Familiarize yourself with the different types of schools, and find out what features to look for when selecting a school.
- Choose features that are important to you.
- Gather information about schools.
- Make a short list of the schools that have the features you're looking for and that best meet your goals and needs.
- Request additional information from the schools on your list including an application for admission, costs, and financial aid.
- Apply for admission to the four to six schools that top your list.
- Visit Internet resources for more information.

Steps to Paying for School:

- Find out as much as you can about schools you are interested in attending. Request information on the costs of attendance, and try to calculate your school expenses.
- Discuss options for paying for school. Also, talk to your high school counselor about applying for local or private scholarships. Many states also offer prepaid tuition and savings programs that are worthwhile to check out.
- Request information and forms on financial aid, and complete admission applications. Apply for financial aid.
- Start by completing the Free Application for Federal Student Aid (FAFSA), which will help determine your need for financial aid. You can get the form from your high school counselor or a financial aid office of a school you are considering attending, or visit www.fafsa.ed.gov.
- Complete any other aid or admission forms required by the school.
- Receive the Student Aid Report (SAR). This will summarize the information you completed on your FAFSA and will include your Estimated Family Contribution.
- Review the SAR to make sure it is correct, and send it to the financial aid offices of the schools to which you are considering applying.
- Consider the financial options outlined in the award letter. These options may include grants, scholarships, loans, and work-study programs.
- Accept or reject all or part of the award package, and complete any other forms required by the school.
- Reapply for financial aid each year you are in college or postsecondary training. If you filled out a FAFSA the year before, you will probably be eligible to complete the shorter Renewal FAFSA.

Teenagers - Education

General Education Development (GED) & Education Services

Alexandria City Public Schools—Adult Basic Education

Stonewall Jackson Building

25 S. Quaker Lane

Alexandria, VA 22314

(703) 461-4197 After hours (703) 751-2251

www.acps.k12.va.us

Hours: M-F, 8 a.m.-5 p.m.

Fees: Vary according to program.

Eligibility: Alexandrians ages 17 and older, income limit.

Offers classroom programs in GED High School Equivalency Degree, Adult English as a Second Language.

Higher Education

Alexandria Department of Human Services Office of Youth Services—Project Discovery

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 838-0915

Hours: M-F, 8 a.m.-5 p.m.

Fees: Income limit, nominal monthly dues..

Eligibility: Alexandria residents attending T.C. Williams High School or Minnie Howard 9th Grade Center. Ages 14-18.

Assists low-income high school students to become the first generation in their families to attend college. Provides college trips and workshops emphasizing study skills, college applications, financial aid, testing, and goal setting.

Northern Virginia Community College—Alexandria Continuing & Professional Education

Workforce Development Center

2914 Business Center Drive

Alexandria, VA 22314

(703) 845-6227 (703) 845-6212 After hours (703) 845-6010

www.nv.cc.va.us/alexandria/community

Hours: M-Th, 8:30 a.m.-7:30 p.m.; F, 8:30 a.m.-5 p.m.

Offers noncredit programs for career and technical training for business/industry. Provides student services.

Call (703) 518-0202 for fees and more information.

Counseling Center

3001 N. Beauregard Street

Alexandria, VA 22311

(703) 845-6301 (703) 845-6845

Hours: M-Th, 8:30 a.m.-7:30 p.m.; F, 8:30 a.m.-5 p.m.;

Sa, 9 a.m.-noon (appointments are preferred).

Students may meet with a counselor to discuss career concerns, academic issues, or personal problems.

Financial Aid

3001 N. Beauregard Street

Alexandria, VA 22311

(703) 845-6350 (703) 845-6494

Hours: MWF, 8:30 a.m.-5 p.m.; TTh, 8:30 a.m.-7:30 p.m.

Offers financial aid for tuition (fee may apply). Tuition for Virginia residents is \$63.58/semester credit hour. Call for information on nonresident tuition rates and applying for financial aid.

Scholarship Fund of Alexandria

3330 King Street

Alexandria, VA 22302

(703) 824-6730

www.alexscholarshipfund.org

Hours: M-F, 9 a.m.-5 p.m.

Provides at no charge to academically qualified Alexandria Public high school students the necessary resources to pursue a college, vocational, or technical school education.

Tip

Cool Websites for Youth

Billboard Magazine - www.billboard.com

Body & Mind - www.bam.gov

Comics - www.comics.com

Common Application - www.commonapp.org

Cool-Teens - www.cool-teens.com

Cyberteens - www.cyberteens.com

ESPN - msn.espn.go.com

Foster Club - www.fosterclub.com

FYI - www.fyi3.com

A Girl's World - www.agirlsworld.com

Girl Zone - www.girlzone.com

Homework Help - school.discovery.com/students/index.html

Investment - www.sec.gov/investor/students.shtml

Live Journal - www.livejournal.com

Music Reviews - www.music-critic.com

Smart Girl - www.smartgirl.org

Sports Illustrated for Kids - www.sikids.com

Teen Consumer Scrapbook - www.wa.gov/ago.youth

Teen Reads - www.teenreads.com

Teens Point - www.teenspoint.org

YM Magazine - www.ym.com

Youth Communication - www.youthcomm.org

Youth Work: Links and Ideas - www.youthwork.com

Health Services

Alexandria Health Department–Adolescent Clinic

3701 W. Braddock Road

Alexandria, VA 22302

(703) 519-6006 Call ahead; appointments preferred.

Hours: M-F, 10 a.m.-5 p.m. (Stops taking patients at 3:35 p.m.)

Provides a variety of free health services to adolescents ages 12 through 19, who are residents of the City of Alexandria. Includes physical exams, treatment of minor illnesses, immunizations, family planning, pregnancy testing, treatment of sexually transmitted diseases, HIV counseling and testing, mental health and substance abuse counseling. Physicals, treatment of minor illness or injury, and immunizations require parental consent under Virginia law.

Alexandria Health Department–Sexually Transmitted Disease Clinic

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4388 or 4389

Hours: (walk-in) Tu, 11:30 a.m.-12:15 p.m.; W, 4-6 p.m.;

Th, 11 a.m.-noon.

Fees: No charge.

Provides diagnosis and treatment of sexually transmitted diseases. Offers HIV testing.

Tip

Stress

Teens can decrease stress with the following behaviors and techniques:

- Exercise and eat regularly.
- Avoid excess caffeine intake, which can increase feelings of anxiety and agitation.
- Avoid illegal drugs, alcohol, and tobacco.
- Learn relaxation exercises (abdominal breathing, muscle relaxation techniques).
- Develop assertiveness training skills. For example, state feelings in polite, firm, and not overly aggressive or passive ways: ("I feel angry when you yell at me"; "Please stop yelling.")
- Rehearse and practice situations that cause stress. (One example is taking a speech class if talking in front of a class makes you anxious.)
- Learn practical coping skills. (For example, break a large task into smaller, more attainable tasks.)
- Decrease negative self-talk: challenge negative thoughts about yourself with alternative neutral or positive thoughts. ("My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help.")
- Learn to feel good about doing a competent or "good enough" job rather than demanding perfection from yourself and others.
- Take a break from stressful situations. Activities such as listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.
- Build a network of friends who help you cope in a positive way.

(Adapted from American Academy of Child & Adolescent Psychiatry [www.aacap.org/web/aacap])

Teenagers - Health

About

Abuse, Assault & Date Rape

Everyone has the right to be and feel safe. If someone is hurting you or touching you in a way that makes you feel uncomfortable, tell someone immediately. If you are uncertain where to turn for help, the organizations listed on these pages have resources and skilled staff who will be able to help you.

Date rape is one of the most confusing kinds of acquaintance rape. Some people believe that spending money on a date creates a situation where the date owes them sex at the end of the evening. Some people also believe that a person may be “playing hard to get,” by saying “no” and meaning “yes,” and may enjoy being pursued. Because some perceive that sex is their right, people may be raped by those they are dating. Date rape is not simply a lack of communication, nor is it a result of sexual frustration or a lack of control. Rape is about power and is an act of violence that is often planned. Sexual assault is NEVER the victim’s fault: it is the responsibility of the person who commits the act of violence.

- **Date rape is forced or coerced sex** between partners, dates, friends, friends of friends, or general acquaintances.
- Date rape sex can be coerced both physically and psychologically—some tactics include threats to reputation, threats to “not like you,” name calling, saying you “brought it on” or “really want it,” threats to break up, and threats to tell people that you “did it” even if you didn’t.
- A person who has had too much to drink or is on drugs cannot consent to sex: to have sex with a drug- or alcohol-impaired person is legally considered rape.
- There are certain “date rape drugs” that render the victim unconscious and limit memory. These drugs are odorless, colorless, and tasteless, making them very difficult to detect when mixed in drinks or with other drugs. Using these drugs on someone is a federal crime that carries a possible 20-year sentence (1996 Drug-Induced Rape Prevention and Punishment Act).
- Although girls are more often victims of rape, boys are not “safe”—they can be raped, too.
- **“NO” ALWAYS MEANS NO!** If a person says “no” to sex—no matter how quietly or unconvincingly—but is made to go ahead with it anyway, that is rape. Fight it off if you have to. Despite some myths, people who fight off a rapist are more likely to stop the rape.

HIV/AIDS

Alexandria Health Department–HIV/AIDS Services

Casey Health Center

1200 N. Howard Street

Alexandria, VA 22304

(703) 519-5979, ext. 209, 210, 211, 256, 257, 258

Hours: M-F, 8:30 a.m.-5 p.m.

Eligibility: Alexandria residents.

Performs medical care, public health nurse case management, drug assistance, dental care, and nutrition counseling and supplements. Free walk-in HIV testing M, 5-6:30 p.m.

Alexandria Health Department–HIV Testing Clinic

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4389 (703) 838-4400 ext. 233 (703) 838-4038

Hours: W, 2-3:30 p.m.; Th, 5-6:30 p.m.; F, 10-11:30 a.m.

Provides free HIV testing, and pre- and post-test counseling.

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse–Mental Health Center–HIV/AIDS Mental Health

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-6400 Fax (703) 838-5062

Hours: MTW, 8:30 a.m.-9 p.m.; ThF, 8:30 a.m.-5 p.m.

Fees: Sliding fees.

Eligibility: Alexandria residents, age 18 and over.

Provides comprehensive mental health services including individual, group, and family therapy, intensive case management, psychiatric evaluation, medication management, and neuropsychological evaluation to clients with HIV/AIDS. Also offers HIV/AIDS outreach and prevention services.

Alexandria Department of Mental Health, Mental Retardation & Substance Abuse–Outpatient Substance Abuse Counseling

2355-A Mill Road

Alexandria, VA 22314

(703) 838-4525

Hours: M-Th, 7 a.m.-9 p.m.; F, 7 a.m.-6 p.m.

Fees: Sliding fee scale; accepts insurance.

Offers outpatient substance abuse education and counseling for individuals, groups, and families and a concerned persons workshop. Operates a methadone clinic for Alexandria residents. Conducts HIV testing and pre- and post-test counseling.

American Red Cross HIV/AIDS Education

123 N. Alfred Street

Alexandria, VA 22314

(703) 549-8300 (703) 683-6743

alexandriaredcross.org

Teens and Vaccines

Many people between the ages of 11 and 19 think they are finished with immunizations against diseases such as measles and tetanus. They think shots are just for little kids. But guess what? There are millions of people between the ages of 11 and 19 who need vaccinations to prevent tetanus, diphtheria, hepatitis B, hepatitis A, chickenpox, measles, mumps, rubella, influenza, pneumococcal disease, and meningococcal disease. Are you one of them?

Getting immunized is a lifelong, life-protecting job. Make sure you and your doctor or nurse keep it up. Check to be sure you've had all the shots you need.

Immunizations

Hepatitis A

Hepatitis A vaccine is recommended for many people, including travelers to certain areas outside the United States. Teens who especially need protection from Hepatitis A are those who live in communities with high rates of Hepatitis A, males who have sex with other males, IV drug users, and those with clotting factor disorders or chronic (non-A/non-B) Hepatitis. Talk to your doctor or nurse about your risk factors.

Hepatitis B

You need three doses of Hepatitis B vaccine if you have not already received them.

Influenza (flu shot)

The "flu shot" is recommended for younger people who have medical problems such as heart or lung disease (including asthma), diabetes, kidney disease, or an immune system weakened by disease or medication and those who work with or live with any of these individuals. Flu shots are especially recommended every fall for teens with chronic diseases, although anyone who wants to avoid getting the flu should get this shot.

Measles, mumps, rubella (MMR)

Check with your health care professional to make sure you've had your second dose of MMR, often required in some work or school settings or recommended for international travel.

Meningococcal (meningitis shot)

If you are a young adult going to college, ask your doctor about your risk of meningococcal disease and your need for vaccination.

Pneumococcal (pneumonia shot)

The "pneumococcal shot" is recommended one time at age 65 (or older if it was not given at 65). This shot is also recommended for people younger than 65 who have certain chronic illnesses. Some individuals with particular health risks will need a one-time revaccination dose 5 years later. Consult your doctor.

Tetanus, diphtheria (Td; often referred to as a tetanus shot)

You should have had a booster dose by your 11th birthday or within 5 years of your last dose. After that, you need a Td booster dose every 10 years.

Varicella (Var; chickenpox shot)

If you have not been previously vaccinated and have not had chickenpox, you should get vaccinated against this disease. Children 12 years and under need one dose; teens 13 years and older need two doses.

Teenagers - Health

Hours: M-F, 9 a.m.-4:45 p.m.

Fees: No charge.

Offers Spanish and English public education materials about HIV/AIDS and special programs for youth, Afro-Americans, and Hispanics. Trains instructors to educate the public on HIV/AIDS prevention.

Northern Virginia AIDS Ministry (NOVAM)

2445 Army Navy Drive, 3rd Floor

Arlington, VA 22206

(703) 746-0440 Fax (703) 746-0240

www.novam.org

Youth ages 13-18 can become Peer Educators for NOVAM, providing outreach to peers in their community as well as their schools, reinforcing STD/HIV education. Peer educators also recruit peers to participate in the Youth Speak program that shares factual information about HIV/AIDS across the region. Led by youth, the information reaches young people in a way that adults cannot. A 12-hour training is required. For information on becoming a peer educator, visit Youth Programs on the website.

Pregnancy Prevention & Services for Adolescent Parents

Alexandria Department of Human Services

2525 Mt. Vernon Avenue

Alexandria, VA 22301

Hours: M-F, 8 a.m.-5 p.m.

Virginia Division of Social Services (703) 838-0856

Offers free pregnancy counseling and planning to parents with problems; discusses foster care and adoption alternatives.

Office for Early Childhood Development-

Teen Parent Nurturing Programs (703) 838-0765

Eligibility: Teen parents attending T.C. Williams and Minnie Howard 9th Grade Center.

Offers free parent-nurturing classes that teach skills essential to healthy parenting. Classes are offered during school hours from October through May and during summer sessions in July and August. Student parents may be eligible for assistance with child care while attending classes. Call for further information, schedule of summer class times, and locations.

Alexandria Health Department

517 N. Saint Asaph Street

Alexandria, VA 22314

Teen Pregnancy Prevention/Latin Youth Enrichment Program

(703) 838-4400 ext. 361

Arlandria/Chirilagua Community Center 3910 Bruce Street

Hours: MTW, 2:30-4 p.m.

Grace Episcopal Church 3506 Russell Road

Hours: ThF, 4-6 p.m.

Free after-school program in which Hispanic youth ages 9-17 participate in structured learning and cultural enrichment activities, get homework assistance, health care, counseling. The program focuses on life skills and reducing high-risk behaviors, including early sexual activity, and the use of tobacco, alcohol, drugs, and other substances.

Teen Pregnancy Prevention Program/Youth Power

(703) 838-4400 ext. 215

Hours: M-Th, 2:30-6 p.m.

Offers free life skills building program to at-risk youth ages 9-17 at Crestview Community Center. Provides mentoring, homework assistance, recreational and cultural enrichment activities, preventive health care, health education, counseling, and referral to other agencies. Focuses on the development of life skills, community service, and relationship building.

Women, Infant and Children (WIC) Program

(703) 838-4879 Fax (703) 838-4038

Hours: M-Th, 8 a.m.-4:30 p.m.; F, 8 a.m.-noon; by appointment.

Fees: No charge; income limit.

Provides a nutrition program aimed at improving the health of pregnant women, infants, and children (under 5) through better nutrition and access to health care. Provides health screening, nutrition counseling and information, referral to health care, and vouchers for nutritious foods such as milk, eggs, fruit juice, iron-fortified cereal, and dry beans. Promotes breast-feeding as the optimal choice for infant feeding and provides information and support to breast-feeding mothers.

Alexandria Health Department-Prenatal Clinic

Casey Health Center

1200 N. Howard Street

Alexandria, VA 22304

(703) 519-5979

Hours: Call for appointment.

Fees: Sliding scale, income limits, accepts Medicaid.

Provides outpatient medical management of uninsured (and Medicaid-eligible) routine and high-risk pregnant teens in the City of Alexandria by physicians, midwives, and public health nurses from positive pregnancy test through delivery (cost of delivery not included). Referrals for support services, postpartum, and family planning care included. Applications received TuWF, 1-3 p.m. Must meet residence and income eligibility requirements.

Arlandria Health Center

3804 Executive Avenue, #D-1

Alexandria, VA 22305

(703) 519-1725

Hours: MWTh, 8:30 a.m.-5:30 p.m.; Tu, 8:30 a.m.-7:30 p.m.;

F, 8:30 a.m.-3:30 p.m. (closed daily 12-1:30 p.m.)

Fees: Income limit, sliding fee, accepts Medicaid.

Provides family planning, pregnancy testing, and referral for prenatal care. Provides a WIC nutrition program aimed at improving the health of pregnant women, infants, and children

Teenagers - Health

(under 5) through better nutrition and access to health care. Provides health screening, nutrition counseling and information, referral to health care, and vouchers for nutritious foods such as milk, eggs, fruit juice, iron-fortified cereal, and dry beans. Promotes breast-feeding as the optimal choice for infant feeding and provides information and support to breast-feeding mothers.

INOVA Alexandria Hospital Obstetrics

4320 Seminary Road
Alexandria VA 22304
(703) 504-3000 Registration
www.inova.org
Hours: Daily, 24 hours.

Fees: Set fee. Accepts Medicaid, Medicare, insurance.
Operates a birthing center with 11 labor, delivery, and recovery rooms. Features rooming-in for mother and baby, liberal visiting hours; 16-bed intensive care nursery; high-risk pregnancy unit; and antenatal testing.

Marih Center

3230-B Duke Street
Alexandria, VA 22314
(703) 370-4774
Hours: M-F, 10 a.m.-3 p.m.; Sa, 10 a.m.-1 p.m.;
M-Th, 7:30-9 p.m.
Fees: No charge.

Serves pregnant women and their families with pregnancy testing, individual counseling on pregnancy-related decisions, prepared childbirth, and child care education for single parents. Also offers referrals for medical care and adoption services.

Northern Virginia Urban League, Inc.—Resource Mothers

1315 Duke Street
Alexandria VA 22314
(703) 836-2858
Hours: M-F, 9 a.m.-5 p.m.

Free service matches pregnant teens or women experiencing problem pregnancies with a volunteer “mother” trained to encourage proper prenatal care, nutrition, and parenting skills. Clients and their individual mentors try to develop a close working relationship. Mentor may work with the expectant mother until the child reaches the age of 2.

Planned Parenthood of Northern Virginia

370 S. Washington Street, Suite 300
Falls Church, VA 22046
(703) 533-5651 Fax (703) 533-2064
www.ppmw.org
Hours: M-F, 9 a.m.-5 p.m.; Sa, 9 a.m.-3 p.m.

Fee: Sliding scale; accepts Medicaid, some insurance.
Most services are by appointment only, except emergency contraception (“morning after pill”) and pregnancy testing on a

About

Preventing Teen Pregnancy: What Teens Want Other Teens to Know

The teen years shouldn't be about pregnancy, parenting, midnight feedings, and diapers. We hope that you find these ideas useful and perhaps see your own views and opinions reflected in them.

- Thinking “it won't happen to me” is stupid; if you don't protect yourself, it probably will. Sex is serious. Make a plan.
- Just because you think “everyone is doing it” doesn't mean they are. Some are, some aren't—and some are lying.
- There are a lot of good reasons to say “no, not yet.” Protecting your feelings is one of them.
- You're in charge of your own life. Don't let anyone pressure you into having sex.
- You can always say “no”—even if you've said “yes” before.
- Carrying a condom is just being smart: it doesn't mean you're pushy or easy.
- If you think birth control “ruins the mood,” consider what a positive pregnancy test will do to it.
- If you're drunk or high, you can't make good decisions about sex. Don't do something you might not remember or might really regret.
- Sex won't make him yours, and a baby won't make him stay.
- Not ready to be someone's father? It's simple: Use protection every time or don't have sex.

(Adapted from the National Campaign to Prevent Teen Pregnancy
[www.teenpregnancy.org/resources/reading/tips/right_now.asp])

Alexandria Campaign on Adolescent Pregnancy (ACAP)

ACAP is a community coalition of citizens and City agencies dedicated to reducing the City's teen pregnancy rate to help all teens follow their dreams. ACAP focuses on positive, holistic solutions to reduce the incidence of teen pregnancy through teen empowerment and encouraging teen self-knowledge, self-respect, and self-esteem. For more information, contact ACAP, 421 King Street, Suite 400, Alexandria, VA 22314 (877) OUR-YOUTH.

(ci.alexandria.va.us/oow/pgm/acap.html)

Teenagers - Human Services

walk-in basis. Offers confidential services for women and men, as well as teens: all birth control methods, complete annual gynecological exams (PAP smears, breast, and pelvic exams); testing, diagnosis, and treatment for vaginal, urinary tract, and sexually transmitted infections; HIV testing, and 1st trimester abortion.

Human Services

Center for Multicultural Human Services

701 W. Broad Street, Suite 305
Falls Church, VA 22046
(703) 533-3302
www.cmhsweb.org
Hours: M-F, 8:30 a.m.-5 p.m.
Fee: Sliding fee.

Provides social, educational, languages, volunteer, and mental health services in Spanish, Vietnamese, Korean, Farsi, and many other languages. Specific services include anger management, parenting groups, alcohol and drug education, and counseling for survivors of torture or trauma.

Northern Virginia Family Services

100 N. Washington Street, #400
Falls Church, VA 22046
(703) 385-3267
www.nvfs.org/teen_services.htm
Hours: M-F, 9 a.m.-5 p.m.
Fee: Sliding fee.

Provides counseling, social work, and community outreach to empower individuals and families to improve their quality of life. Uses prevention and mental health counseling to address youth behavioral problems and family difficulties.

Juvenile Justice

Agustus Institute—National Center on Institutions and Alternatives

3125 Mt. Vernon Avenue
Alexandria, VA 22301
(703) 684-0373 Fax (703) 684-6037
<http://ncia.igc.org/ncia>
Hours: M-F, 8 a.m.-5 p.m. Evening hours by appointment.
Fees: \$100 per session for individual or family; \$800 for psychological assessment. Approved for CHAMPUS, insurance reimbursement.
Provides psychosocial evaluations and therapy for juveniles and adults in the criminal justice system. Offers specialized treatment programs for offenders, victims, and families of adults and juveniles involved in violent and/or sex-related

offenses. Develops and presents client-specific proposals in the juvenile and adult courts.

Alexandria Juvenile & Domestic Relations District Court

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 838-4141 Clerk's Office
www.ci.alexandria.va.us/courts/jdrdcc
Hours: M-F, 8 a.m.-4:30 p.m.

The court hears family-related matters involving children and their family members (except divorce). Jurisdiction includes juvenile delinquency, CHINS (Children in Need of Services related to truancy or runaway behavior), abuse/neglect of children, termination of parental rights, and custody/visitation. It also hears adult domestic violence and civil protective order cases, child and spousal support, and family-related criminal matters. For details, please see the court's website.

Alexandria Juvenile & Domestic Relations District Court Services Unit

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 838-4144/4145 Court Services (Intake & Probation)
Hours: M-F, 8 a.m.-4:30 p.m.

Processes juvenile and domestic relations complaints; provides juvenile probation services, family/group counseling, psychological assessments, family mediation, custody investigations, and parenting classes. Provides case management and supervises treatment in domestic violence matters. Diverts or petitions the Court in Children in Need of Services (CHINS) and delinquency complaints; receives and screens abuse/neglect actions from Alexandria Division of Social Services, and processes protective orders. Provides youth probation/parole supervision and case management; makes reports and recommendations to Court. Other services available include sheltercare, substance abuse assessment/treatment, restitution, community service, camp programs, day reporting center, intensive probation for chronic offenders, SHOCAP (Serious Habitual Offender Comprehensive Action Program), a boat-building and entrepreneurship experience, shoplifters program, anger management groups, and Girl's Program, as well as employment assistance for older youth returning from state correctional facilities.

Alexandria Sheltercare Program Short-Term Teen Residence

Alexandria, VA
(703) 370-0208 (703) 370-6725
Hours: Daily, 24 hours.

Provides short-term housing (30-60 days) to adolescents referred by court or social service agency. Offers individual, group, and family counseling, education, and recreation in a structured environment.

Teenagers - Human Services

Northern Virginia Regional Juvenile Detention Home

200 S. Whiting Street

Alexandria, VA 22304

(703) 751-3700

Hours: M-F, 9 a.m.-5 p.m.

Fees: No charge.

Accepts Northern Virginia juveniles (under 18) remanded by court order. Offers a 24-hour residential facility that serves both males and females.

Northern Virginia Urban League, Inc.—Community Services Project

1315 Duke Street

Alexandria, VA 22314

(703) 836-2858 After hours (703) 836-8948

Hours: M-F, 9 a.m.-5 p.m.

Fees: No charge.

Eligibility: Requires police or juvenile court referral.

Offers youth (13-17 years) who have committed petty offenses employment opportunities as a means of repaying the community for damages.

Mentoring

Alexandria Health Department—Teen Pregnancy Prevention Program

517 N. Saint Asaph Street

Alexandria, VA 22314

(703) 838-4400 ext. 215

Hours: M-F, 9 a.m.-5 p.m.

Fees: No charge.

Eligibility: Alexandria residents ages 9-17

Offers life skills building program to at-risk youth ages 9 to 17 at community centers, schools, and churches throughout the City. Provides mentoring, homework assistance, recreational and cultural activities, preventive health care, health education, counseling, and referral to other agencies.

Alexandria Office of Women—Project Stepout & Project Manhood

421 King Street, Suite 400

Alexandria, VA 22314

(703) 838-5030 Fax (703) 838-4976

Hours: M-F, 8 a.m.-5 p.m.

Fees: No charge.

Offers Project Stepout and Project Manhood, three-phase programs that provide adolescent girls and boys with information and skills to take control of their lives in a responsible manner to become productive citizens. The core curriculum consists of skill- and confidence-building exercises in communication, decision making, goal setting, and career planning.

Big Brothers Big Sisters—National Capital Area

732 N. Washington Street, Suite 4A

Alexandria, VA 22314

(703) 836-3752 Fax (703) 837-1502

Volunteer hotline: (888) NEED BIG

Offers a mentoring services program focusing on meeting a child's basic developmental needs. A Big Brother Big Sister mentor commits to incorporate a child into his or her life and spends an average of four hours weekly with a Little Brother or Little Sister. Each match is carefully administered by trained personnel guided by rigorous standards.

Northern Virginia Urban League, Inc.

1315 Duke Street

Alexandria, VA 22314

(703) 836-2858 ext. 347

Hours: New Horizons, M-F, 2:30-4 p.m.; NULITES, 2nd and 4th Saturdays, 10 a.m.-noon.

Fees: No charge.

Eligibility: Ages 11-18

NULITES (National Urban League Incentive to Excel and Succeed) is an after-school program that offers homework assistance, decision making, conflict resolution, and leadership skills.

Youth Employment

Alexandria Hispanic Committee of Virginia—Hispanic Employment Services

INOVA Alexandria Professional Center

4660 Kenmore Avenue, Suite 210

Alexandria, VA 22304

(703) 370-3150

www.hispaniccommitteeofvirginia.org

Hours: M-F, 8 a.m.-4:30 p.m.

Fees: No charge.

Eligibility: Ages 17 and over

Offers employment assistance to Hispanics. Provides skills assessment, assistance with resumés, cover letters, and applications as well as job referrals. Offers employment workshops and job fairs. Assists with employment disputes.

Alexandria Department of Human Services—JobLink

2914 Business Center Drive, Suite 140

Alexandria, VA 22314

(703) 838-4316 Fax (703) 548-0483

Hours: MTh, 8 a.m.-8 p.m.; TWF, 8 a.m.-5 p.m.

Fees: No charge.

Offers employment services and teaches interviewing skills and resumé preparation to residents ages 14 and over. Service includes locating training and employment in a variety of

Teenagers - Human Services

Tip

Personal Safety

- Trust your instincts. If you feel uncomfortable about a person or situation, remove yourself from the situation immediately.
- Learn to be assertive. Enforce your rights without violating the rights of others. Be assertive but not defensive. When you become defensive you become more vulnerable.
- Don't be afraid to make a scene if you are confronted.
- If you are at a party or other group function, don't leave with a person you don't know well.
- Remember that alcohol and drugs compromise your ability to make decisions. They lower your inhibitions and make you a more likely candidate for becoming a victim.
- Avoid secluded places where you put yourself into a vulnerable situation.
- Beware of partners who disregard your requests.

(Adapted from Oregon State University
[oregonstate.edu/dept/security/campus_safety/recreation_safety.html])

fields. Offers access to employment resources, including computers for self-directed job searches. Offers a compass course, GED preparation, and training books and videos available for on-site use. Provides subsidized and unsubsidized job placements and transportation to interviews. Provides assistive technology (computer screen magnification and Optical Character Reader [OCR] software, adapted keyboard and mouse, braille labeler/embosser, and TTY) for on-site use by clients with disabilities.

American Red Cross–Alexandria

123 N. Alfred Street
Alexandria VA 22314
(703) 549-8300
Hours: M-F, 9 a.m.-4:45 p.m.
Fees: Set fee.
Teaches CPR certification, lifeguard training courses.

Didlake, Inc.

815 N. Royal Street
Alexandria, VA 22314
(703) 548-0062
Hours: M-F, 9 a.m.-5 p.m.
Fees: Set fee. Accepts insurance, vendor payment.

Employs individuals 18 and over with physical and/or mental disabilities in facility-based and community-based jobs doing electronics assembly, mailing and binding, or building/grounds maintenance. Pays employees according to their productivity.

Disabilities Job Training/ Alexandria Service Source

6295 Edsall Road, Suite 175
Alexandria, VA 22312-2670
(703) 461-6000 (800) 244-0817
TTY (703) 461-7905 Fax (703) 461-3906
www.ourpeoplework.org
Hours: M-F, 8:30 a.m.-5 p.m.
Fees: No charge.

Eligibility: No residency requirement. Ages 18 and over.
Provides on-the-job training combined with work, personal and social adjustment training to prepare individuals with emotional/mental/physical disabilities to enter the competitive labor market. Offers job sites in VA, MD, NC, and DC. Offers technology training and opportunities. Employees receive a salary and must be able to work in a semi-supervised environment.

Virginia Employment Commission

5520 Cherokee Avenue, Suite 100-A
Alexandria, VA 22312
(703) 813-1300 Fax (703) 813-1338
www.vec.state.va.us
Hours: MTuThF, 8:30 a.m.-4:30 p.m.; W, 9 a.m.-4:30 p.m.
Fees: No charge.

Provides information on summer and part-time jobs for high school and college students (14 years and older) in both the public and private sectors. Also offers career preparation guidance, computerized assessments, and school presentations and job fairs.

Youth Shelters

Alternative House Shelter Teen Emergency Shelter

2100 Gallows Road

Vienna, VA 22182

Toll Free Numbers: (800) 729-8336 (800) Say-Teen

www.alternativehouse.com

Hours: Daily, 24 hours.

Fees: No charge.

Eligibility: Serves males and females ages 13-18

Offers crisis intervention and counseling for adolescents, parents, and families; aims to prevent and intervene in situations precipitating running away, family violence, etc. Provides short-term shelter and respite care for runaways and other adolescents in distress. Also offers walk-in services, a hotline, and extended aftercare for individuals, groups, and families.

Residential Youth Services, Inc.

2701 Cameron Mills Road

Alexandria, VA 22302

(703) 548-8334 Fax (703) 548-3417

www.servintfree.net/rys

Hours: M-F, 9 a.m.-5 p.m.

Offers supervised residential youth homes and alternative school programs for youth who have been abused, neglected, or abandoned (ages 12-17); independent living programs for homeless and foster care youth (ages 17-21); street outreach for at-risk youth; aftercare and outreach services for youth and families.

Travelers Aid Washington DC

Reagan National Airport/DCA

Washington, DC 20001

(703) 417-3975 Fax (703) 417-3976

www.travelersaid.org/ta/dc.htm

Hours: M-F, 9 a.m.-9 p.m.; SaSu, 9 a.m.-6 p.m.

Provides travelers, transients, runaways, and newcomers with information, directions, Protective Travel services (direct personal assistance within the terminal), communications, and other assistance to stranded travelers, and social services to persons in crisis.

About

Career Counseling: Steps to Developing a Career Plan

- Determine your interests and skills. Thinking about your talents and hobbies can help you find a satisfying career.
- To determine your interests, think about what you like to do and experiences you have enjoyed. Evaluate what you liked, what you found challenging, and what you learned from those experiences. Make a list of activities you have enjoyed during the past few years.
- Make a list of your skills, include training you gained through part-time or full-time jobs. Even if you haven't been employed before, you do have some skills that will help you find a job. For example, you have skills you learned in school, church, or volunteering or through social activities.
- Compare the skills and interests you listed. Are there similar activities on the two lists? Are there any experiences that could lead to a career? For instance, if you volunteered at a hospital and enjoyed the experience, you may want to consider a medical career.
- Find out about the types of careers available to you. If you don't research careers, you may not know about the best occupations to fit your interests and skills.
- Decide if the career you are considering is really what you expect and whether it offers the salary and benefits you want. One good way to learn about a career is to intern in the position. Internships are also a great way to gain experience in your selected career field. Another good way to find out about a job is networking—talking to people who are in the career now.
- Once you have chosen a career path you want to follow, assess what preparation you need for that career. Do you need special training? If so, research schools that offer the kind of training you need. What kinds of experience will you need to be successful in the career? Consider an internship to gain work experience in your field of interest.
- Developing a career plan helps you focus on what you want to do and how to get there.
- When you are ready to write your resumé for your job search, you will have a better understanding of your skills and experiences to present to potential employers.

(Adapted from the U.S. Department of Education
[www.ed.gov/index.jhtml])

Teenagers - Recreation

Recreation

Alexandria Department of Recreation, Parks & Cultural Activities—Centers, Playgrounds, and Youth Sports

1108 Jefferson Street

Alexandria, VA 22314

(703)-838-4343 Fax (703) 838-6344

Hours: (Office) M-F, 9 a.m.-5 p.m.

Centers' school-year hours: M-F, 3-10 p.m.; some weekends, 9 a.m.-6 p.m. Summer hours: 9 a.m.-5 p.m. (youth); and 5-7 p.m. (teens). Exact hours vary from center to center.

Summer playgrounds operate seven weeks at locations throughout the City, for ages 5-12. Hours vary by location.

Fees: Most programs are offered free of charge.

Eligibility: City residents. Must meet age and ability criteria to participate in some activities.

Offers summer playgrounds, full-time recreation centers, and after-school programs for teenagers. A complete listing of programs appears in Chapter III, Young Children - Recreation.

Power-Up Program

(703) 838-4345 Fax (703) 838-6344

ci.alexandria.va.us/recreation/recreation/programs.html#teen

There is something for everyone at the Power-Up Program for Alexandria middle school and junior high students. Activities include homework center, 4-H clubs, educational and cultural enrichment opportunities, sports, games, tournaments, field trips, and special events. Transportation is provided.

George Washington Middle School

1005 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 830-7775 Fax (703) 838-6344

Hours: Sept.-June, M-F, 4-6 p.m. (except holidays)

Francis C. Hammond Middle School

4646 Seminary Road

Alexandria, VA 22304

(703) 461-6565 Fax (703) 838-6344

Hours: Sept.-June, M-F, 4-6 p.m. (except holidays)

Alexandria Police Department—Police Athletics League

2003 Mill Road

Alexandria, VA 22314

(703) 838-4520 Intake (703) 838-6345

Hours: Daily, 24 hours.

Fees: No charge.

Eligibility: Alexandria residents; under 17 years

Offers police-sponsored athletics and drill team activities for youth. Participates in community events and parades.

About

Saturday Night Hype

Here's a safe place for kids to socialize and have fun with friends. Events and activities designed just for middle school age youth include splash parties, dances, skating parties, talent shows, and lots more.

These activities are offered the first Saturday of the month from October through June and other Saturdays to be announced.

Youth in grades 6, 7, and 8, who attend public or private middle schools in the City of Alexandria, are eligible to participate.

For more information call (703) 838-4345.

(Adopted from City of Alexandria, Department of Recreation, Parks & Cultural Activities
[www.ci.alexandria.va.us/recreation/index.html])

Alexandria Soccer Association

1108 Jefferson Street

Alexandria, VA 22314

(703) 684-5425

www.alexandria-soccer.com

Hours: Tu-Th, 9 a.m.-noon and public school calendar.

Fees: \$55/year.

Offers two soccer leagues for children and youth ages 4½ to 18 years: recreational, which stresses teaching the game and participation; and travel league, which is invitational only and fields competitive teams in the boys or girls travel league.

Youth Development & After-School Programs

Alexandria Department of Recreation, Parks & Cultural Activities—4-H Smart Choices Nutrition Education (SCNEP)

4-H Youth Programs Alexandria

VA Cooperative Extension

1108 Jefferson Street

Alexandria, VA 22314

(703) 519-3325 Fax (703) 684-5285

Hours: M-F, 8:30 a.m.-5 p.m.

Fees: No charge.

Teenagers - Recreation

Eligibility: Alexandria residents ages 5-18.

Offers hands-on learning activities to teach basic life skills such as science, animals, gardening, performing arts, sewing, character counts, nutrition, health and fitness, creating a business, outdoor adventures, and computers. Activities conducted during school and after-school hours in schools and recreation centers. Weekend and residential camping offered year round.

Alexandria Health Department

517 N. Saint Asaph Street
Alexandria, VA 22314

Teen Pregnancy Prevention/Latin Youth Enrichment Program
(703) 838-4400 ext. 361

Arlandria/Chirilagua Community Center 3910 Bruce Street
Hours: MTW, 2:30-4 p.m.

Grace Episcopal Church 3506 Russell Road
Hours: ThF, 4-6 p.m.

Free after-school program in which Hispanic youth ages 9-17 participate in structured learning and cultural enrichment activities, and get homework assistance, health care, counseling. The program focuses on life skills and reducing high-risk behaviors, including early sexual activity and the use of tobacco, alcohol, drugs, and other substances.

Teen Pregnancy Prevention Program/Youth Power
(703) 838-4400 ext. 215

Hours: M-Th, 2:30-6 p.m.

Offers free life skills building program to at-risk youth ages 9 to 17 at various community locations (call for information). Provides mentoring, homework assistance, recreational and cultural enrichment activities, preventive health care, health education, counseling, and referral to other agencies.

Alexandria Olympic Boys & Girls Clubs

401 N. Payne Street
Alexandria, VA 22314
(703) 549-3077 Fax (703) 549-1318
www.bgcgw.org

Hours: T-F, 3-8:30 p.m.

Summer hours: M-F, 11 a.m.-6 p.m.

Day Camp hours: 7:30 a.m.-5 p.m.

Fees: Annual club membership \$5 for youth, \$10 for adults.

Eligibility: No residency requirement, ages 6-18

Offers individual and group counseling to high school juniors and seniors who participate in other club activities, but who need special attention as a result of problems perceived by parents, teachers, police, or the courts. Activities include homework assistance, library activities, college/university referrals, career awareness, Black History Month, Junior Leaders, Keystone Club, Thanksgiving Food Drive, photography, arts, games room. Some special activities may require additional fees for equipment, transportation, etc.

Alexandria Police Department Law Enforcement Explorer Post

2003 Mill Road
Alexandria, VA 22314
(703) 838-4520

Hours: Daily, 24 hours.

Fees: No charge.

Offers a program for young adult Alexandrians interested in a law enforcement career. Provides an inside view of police work, leadership training, and community service opportunities. Participants must be between the ages of 13½-20 years old. Program is a subdivision of Boy Scouts of America.

Alexandria Seaport Foundation Boat Builder Apprenticeships

P. O. Box 25036
Alexandria, VA 22313
(703) 549-7078 Fax (703) 549-6715

www.capaccess.org/asf

Hours: M-F, 9 a.m.-5 p.m.

Fees: No charge.

Eligibility: Alexandria residents age 18 and under

Offers year-round apprentice programs in cooperation with the City of Alexandria's Office of Employment Training, public school system, and juvenile courts.

American Red Cross-Alexandria

123 N. Alfred Street
Alexandria VA 22314
(703) 549-8300

www.alexandriaredcross.org

Hours: M-F, 9 a.m.-4:45 p.m.

Fees: Set fee.

Offers courses in water safety (swimming, lifesaving, small craft); babysitting; first aid and CPR; and child care for day care workers. Call for class times and dates. Classes are offered days, weekends, and evenings.

Boy Scouts of America National Capital Area Council

9190 Rockville Pike
Bethesda, MD 20814-3897
(301) 530-9360 Fax (301) 564-3648

boyscouts-ncac.org

Hours: M-F, 8:30 a.m.-5 p.m.

Fees: Requires annual dues.

Organization aims to build character, citizenship, and physical fitness in boys through enjoyable activities. Offers camping, outdoor events, hiking, fishing, arts, and hobbies. Provides day and overnight camps.

Teenagers - Recreation

Youth Volunteer Programs

Alexandria Volunteer Bureau

2210 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 567-4804 Fax (703) 683-1793

youth@alexandriavolunteers.org

www.alexandriavolunteers.org

Hours: M-F, 9 a.m.-5:30 p.m.

Fees: No charge.

Promotes and facilitates youth volunteerism. Operates a Youth Service Coalition, which directly places young people in volunteer positions. Also publishes an *Annual Youth Volunteer Directory* with 100 volunteer opportunities for youth.

American Red Cross–Alexandria

123 N. Alfred Street

Alexandria, VA 22314

(703) 549-8300

alexandriaredcross.org

Hours: M-F, 9 a.m.-4:45 p.m.

Fees: No charge.

Eligibility: Youth 13-18 years

Sponsors the Inter-School Council, which carries out service projects for the community and works to develop leadership qualities in youth. Coordinates 6-week summer volunteer program (GIVE), which allows youth to gain important volunteer experience with community and Red Cross projects and summer activities. Requires application and interview in the spring and an orientation session prior to placement.

Tip

On Volunteering

- **Utilize a referral service** such as that offered by the Alexandria Volunteer Bureau. Referrals will match your interests, skills, availability, and location to volunteer opportunities throughout the City.
- **Explore your motivations. Identify your personal goals.** Knowing your motivations will help you better choose a volunteer position that's right for you.
- **Make a few calls** to explore possibilities. Ask some initial questions.
- **Ask for a written description** of the volunteer position. It helps you decide if the position is an appropriate fit for you, and it provides a set of standards or expectations when you do volunteer.
- **Be realistic and clear about the amount of time you can commit.** It may be easier to start small and increase your commitment than to have to back out because your schedule is overwhelming you.
- **Visit the organization** you are interested in before committing yourself.
- **Find out about the agency's purpose** and how your role as a volunteer fits into that mission.
- **Ask about training and supervision.** If an organization is asking you to perform a task, will they provide the support necessary for you to be successful?
- **Enthusiasm is key.** If you are not excited about the program, the chances are that you are not going to be thrilled with giving up time in your day to go there.

(Adapted from United Way of Greater Seacoast
[www.uwgs.org/tips2.cfm])

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Hispanics Against Child Abuse & Neglect (HACAN)	22, 29	(703) 208-1550
HIV Testing Clinic	86	(703) 838-4389
Homeless Intervention & Services	26	(703) 838-0901
Homeless Shelters	26	
Homeownership Assistance Program	27	(703) 838-4622
Homeownership Loans	27	(703) 838-4622
Hopkins House Helen Day Preschool	47	(703) 549-4232
Hopkins House West End Preschool	47	(703) 370-8808
Hospitalization	25	(703) 838-0700
Human Services	See Alexandria Department of Human Services	

I

Immunization Clinics	52	
Immanuel Lutheran School	48, 65, 82	(703) 549-7323
Infant & Toddler Connection	43	(703) 838-5067 (703) 838-4400
Information & Referral Service	27	(703) 838-0900
INOVA Alexandria Hospital (INOVA Health Care System)		(703) 504-3000

4 West (Pediatrics) 68	(703) 540-3340
INOVA Health Source 18	(703) 204-3366
Lactation Center 19	(703) 504-7876
Matters on Maternity 19	(703) 506-3636 (703) 750-0344
Obstetrics 89	(703) 504-3000
Outpatient Medical Services 15	(703) 504-3000
International Traveler's Immunization Hotline 16	(877) 394-8747

J

James K. Polk Elementary School 64	(703) 461-4180
James M. Duncan Branch 13	(703) 838-4566
Jefferson-Houston School for Arts and Academics 64	(703) 706-4400
Jerome Buddie Ford Nature Center 65	(703) 838-4929
JobLink 24, 91	(703) 838-4316
John Adams Elementary School 64	(703) 824-6970
John Adams Recreation Center 37, 71	(703) 838-4345 (703) 578-3388-evenings
Juvenile Justice Clearinghouse 20	(800) 851-3420

K

Kate Waller Barrett Branch 13	(703) 838-4555
Keshet Child Development Center 48	(703) 370-9400
Kiwanis Orthopedic Clinic 35	(202) 363-1148

L

Lake Cook 38	
La Leche League of Virginia 19	(703) 534-8548
Lamaze-DC Chapter 19	(703) 549-2226
Latin Spirit/Latin Youth Enrichment Program 88	(703) 838-4400 ext. 361
Law Enforcement Explorer Post 95	(703) 838-4520
Nannie J. Lee Recreation Center 37, 56, 71	(703) 838-4845
Legal Aid for Persons w/HIV/AIDS Alexandria Legal Services 28	(703) 684-5566
Legal Services of Northern Virginia 22, 25, 27, 28, 30, 32	(703) 684-5566
Life Safety Alert System 31	(703) 838-0920
Local History Special Collections 13	(703) 838-4577 ext. 213
Long-Term Care Link 31	
Loudoun/Fairfax Mothers of Multiples (LFMOMC) 56	(703) 715-MOMY
Lyles-Crouch Traditional Academy 72	(703) 706-4430

M

MacArthur Center 37, 71	(703) 838-4830
Marih Center 89	(703) 370-4774
Matters on Maternity 19	(703) 506-3636
Maury Center 37, 71	(703) 683-2348
Maury Elementary School 64	(703) 706-4440
Medicaid Helpline 31	(800) 552-8627
Medicaid-Alexandria Department of Human Services 25, 31	(703) 838-0700
Meeting House Co-Operative Pre-School 48	(703) 549-8037
Mental Health Referral Associates, Inc. 11	(703) 960-4070
Minnie Howard 9th Grade Center 82	(703) 824-6750
Mocha Moms-Alexandria Chapter 56	
Moderate Income Homeownership Program 27	(703) 838-4622
MOMS Club of Alexandria-South 56	(866) 206-9067 ext. 1594
MOMS Club of Alexandria-Northeast 56	(866) 251-5169 ext. 1083
MOMS Club of Alexandria-West 56	(800) 699-2466 ext. 703-733-7333
Moms Offering Moms Support (MOMS Clubs) 56	
Mothers of Preschoolers (MOPS) 56	(703) 750-2962
Mount Vernon Community School 64	(703) 706-4460
Mount Vernon Recreation Center 71	(703) 838-4825
Multicultural Services Initiative 28	(703) 838-0709

N

Nannie J. Lee Recreation Center 56, 71	(703) 838-4845	
Narcotics Anonymous 12, 81	(703) 532-1255	(800) 543-4670
National Adoption Information Clearinghouse 20	(888) 251-0075	
National Alliance for Caregiving 31	(301) 718-8444	
National Black Child Development Institute, Inc. 20	(800) 556-2234	
National Camp Association 73	(800) 922-2267	
National CASA (Court Appointed Special Advocate) 20	(800) 628-3233	
National Center for Children in Poverty 20	(646) 284-5678	
National Center for Missing and Exploited Children 20	(800) 843-5678	
National Center on Institutions and Alternatives 90	(703) 684-0373	
National Clearinghouse on Child Abuse and Neglect 20	(800) 394-3366	
National Council of La Raza 20	(202) 785-1670	
National Criminal Justice Reference Service 20	(800) 851-3420	
National Education Association 20	(202) 833-4000	
National Family Caregivers Association 31	(301) 942-6430	
National Head Start Association 20	(703) 739-0875	
National Hispanic Prenatal Hotline 19	(800) 504-7081	
National Immunization Hotline 51	(800) 232-2522	(800) 232-0233 (Spanish)
National Information Center for Children & Youth with Disabilities 20, 35, 43	(800) 695-0285	
National Urban League Incentive to Excel Succeed (NULITES) 74, 91	(703) 836-2858	
New Mothers Lunch 56	(703) 961-9179	
Northern Virginia AIDS Ministry (NOVAM) 88	(703) 746-0440	
Northern Virginia Community College–Alexandria		
Community & Workforce Development 13	(703) 845-6329	(703) 845-6212
Continuing & Professional Education 84	(703) 845-6227	(703) 845-6010 after hours
Counseling Center 84	(703) 845-6301	
Financial Aid 84	(703) 845-6350	
Higher Education Services 13	(703) 845-6301	
Northern Virginia Credit Counsel 26	(703) 836-8772	(800) 747-4222
Northern Virginia Family Services 63, 80, 90	(703) 385-3267	main office
Northern Virginia Regional Juvenile Detention Home 30, 91	(703) 751-3700	
Northern Virginia Training Center 35	(703) 323-4021	
Northern Virginia Urban League, Inc. 15, 30, 74, 86, 89, 91	(703) 836-2858	
NULITES 74, 89, 91	(703) 836-2858	

O

Office of Aging & Adult Services 31	(703) 838-0920	
Office of Youth Services–Project Discovery 84	(703) 838-0915	
Old Town Montessori School 48	(703) 684-7323	

P

Parent Education Program (SCAN) 15	(703) 836-1820	
Parent Educational Advocacy Training Center 35, 43	(703) 923-0020	(800) 869-6782
Parents Anonymous 20	(909) 621-6184	
Park and Recreation Commission 31	(703) 838-4842	
Pastoral Counseling & Consultation Centers, Greater Washington 11	(202) 234-0202	
Patrick Henry Elementary School 64	(703) 461-4170	
Patrick Henry Recreation Center 71	(703) 751-7052	
Planned Parenthood of Northern Virginia 89	(703) 533-5651	
Police Athletics League 94	(703) 838-4520	
Power-Up Programs 94	(703) 838-4345	
Project Manhood 68, 91	(703) 838-5030	
Project Stepout 68	(703) 838-5030	
Promising Practices on Children, Families & Communities 20	(310) 393-0411 ext. 7172	
Public Education Program (SCAN) 15	(703) 836-1820	

Q

Queen Street Clinic 18, 53 (703) 299-9701

R

Recreation Centers 71
 Recreation for Special Needs Program 33 (703) 519-3353
 Refugee & Immigrant Health Program 17 (703) 838-4400 ext. 235
 Refugee Assistance 25 (703) 838-0700
 Residential Youth Services, Inc. 93 (703) 548-8334
 Resource Mothers 15, 89 (703) 836-2858
 Resurrection Children's Center 49 (703) 578-1314
 Retired & Senior Volunteers Program (RSVP) 36 (703) 549-1607

S

Safe Kids 50 (703) 698-3075
 Salvation Army 26 (703) 836-2427
 Samuel W. Tucker Elementary School 64 (703) 933-6300
 SARA Program 11, 80 (703) 838-5030
 SCAN. *See* Stop Child Abuse Now of Northern Virginia
 Scholarship Fund of Alexandria 84 (703) 824-6730
 Secondary Training & Education Program (STEP) 82 (703) 824-6631
 Senior Resource 31
 Senior Services of Alexandria 25, 32 (703) 894-0311
 Senior Taxi 32
 Service Source 34, 92 (703) 461-6000
 Sexual Assault Response & Awareness (SARA) 11, 80 (703) 838-5030
 Sheltercare Program of Northern Virginia 30 (703) 370-0208
 SIDS Alliance of the Mid-Atlantic 49 (703) 933-9100 (800) 221-7437
 Social Services Advisory Board 21 (703) 838-0701
 St. Anthony's Day School 47 (703) 836-9123
 St. Clement Episcopal Day School 47, 65 (703) 998-8795
 St. Coletta of Greater Washington, Inc. 35 (703) 683-3686
 St. Mary's School 49, 65 (703) 549-1646
 St. Paul's Nursery School and Kindergarten 49 (703) 549-1974
 St. Rita School 65, 82 (703) 548-1888
 St. Stephen's & St. Agnes Extended Day 66 (703) 212-2737
 St. Stephen's & St. Agnes Lower School 65 (703) 212-2736
 St. Stephen's & St. Agnes Middle School 65, 82 (703) 212-2741
 St. Stephen's & St. Agnes Upper School 82 (703) 751-2700
 State and Local Hospitalization 25 (703) 838-0700
 Stop Child Abuse Now of Northern Virginia (SCAN) 15, 24 (703) 836-1820
 Summer Power Up Program 94 (703) 838-4345

T

TB Control: Refugee & Immigrant Health Program 17 (703) 838-4400 ext. 235
 T.C. Williams High School 82 (703) 824-6800
 Talking Book Service 34 (703) 519-5911
 Teddy Bear Day Care I 47 (703) 370-5777 Reynolds
 Teddy Bear Day Care II 47 (703) 671-7382 Merton
 Teen Emergency Shelter 93
 Teen Parent Nurturing Programs 88 (703) 838-0765
 Temporary Assistance to Needy Families (TANF) 25 (703) 838-0700
 Tenants' and Workers' Support Committee 29 (703) 684-5697
 Therapeutic Recreation 33 (703) 519-3353
 Tiny Tots Playroom 47 (703) 683-5130
 Travelers Aid Society 93 (703) 417-3975
 Trinity M.O.P.S. Pre-School 49 (703) 549-7422

U

U.S. Dept. of Transportation's Auto Safety Hotline 50	(800) 424-9393
United Methodist Family Services of Virginia 11, 80	(703) 941-9008
Untouchables 72	(703) 838-5075

V

Valley Drive Pre-School 49	(703) 379-6918
Vanguard Services Unlimited 81	(703) 841-0703
VICAP (Virginia Insurance Counseling & Assistance Program) 31	(703) 228-1732
Virginia Child Abuse Hotline 55	(800) 552-7096
Virginia Department for the Blind & for the Vision Impaired 35	(703) 359-1100 (800) 622-2155
Virginia Department of Health	
Care Connection for Children 35	(703) 205-2632
Center for Injury and Violence Prevention 50	(800) 732-8333
Virginia Department of Social Services—Child Support Enforcement 24	(703) 706-5814
Virginia Division of Motor Vehicles' Child Safety 50	
Virginia Early Intervention 36, 43	(800) 234-1448
Virginia Employment Commission 25, 92	(703) 813-1300
Virginia Insurance Counseling & Advocacy Program. <i>See</i> VICAP	

W

Washington Street Methodist Pre-School 49	(703) 549-7931
Well Spouse Foundation 31	(202) 942-1769
Westminster Weekday Pre-School 49	(703) 549-5267
William Ramsay Elementary School 64	(703) 824-6950
William Ramsay Recreation Center 71	(703) 838-4826
Winter Shelter 26	(703) 548-7500
Women, Infant and Children Program (WIC) 17, 88	(703) 838-4879
Wright to Read 66	(703) 549-0111

Y

Y-Me of the National Capital Area 17	(703) 461-9616
Y.M.C.A. 57, 66, 72, 74	(703) 838-8085
After-School 72	(703) 838-8085 ext. 209
Summer Camp 74	(703) 838-8085 ext. 209
Youth & Family Mental Health 63	(703) 838-6400
Youth Policy Commission 21	(703) 838-0990
Youth Power 88	(703) 838-4400 ext. 215

Alexandria City Council

William D. Euille, Mayor

Redella S. Pepper, Vice Mayor

Ludwig P. Gaines

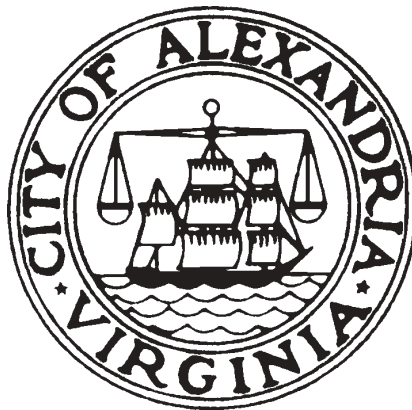
Rob Krupicka

Andrew H. Macdonald, Ph.D.

Paul C. Smedberg

Joyce Woodson

Philip Sunderland, City Manager



City of Alexandria Helpful Telephone Numbers

Aging Services	(703) 838-0920	Human Services	(703) 838-0700
Ambulance	911	Immunizations	(703) 838-4414
Birth Certificates*	(804) 225-5000	Landlord-Tenant Issues	(703) 838-4545
Bus/City System/DASH*	(703) 370-3274	Library Services	(703) 519-5900
Bus/Metro System/WMATA*	(202) 637-7000	Marriage Licenses	(703) 838-5046
Child Abuse/Neglect	(703) 838-0800	Mayor's Office	(703) 838-4500
Child Care	(703) 838-0750	Medicaid	(703) 838-0700
Citizen Assistance/ Public Information	(703) 838-4800	Mental Health Counseling	(703) 838-6400
City Attorney	(703) 838-4433	Mental Health/Mental Retardation Services	(703) 838-4455
City Clerk & Clerk of Council	(703) 838-4550	Neighborhood Watch	(703) 838-4520
City Council	(703) 838-4500	Parks	(703) 838-4340
City Manager	(703) 838-4300	Police Emergency	911
Code Enforcement	(703) 838-4360	• Non-emergency	(703) 838-4444
Commonwealth's Attorney	(703) 838-4100	Public Housing*	
Consumer Complaints	(703) 838-4350	(Alex. Redev. Housing Authority)	(703) 549-7115
Courts		Recreation	(703) 838-4343
• Circuit	(703) 838-4123	Schools, Alexandria City	(703) 824-6600
• Circuit Court Clerk	(703) 838-4044	• Adult Education	(703) 824-6845
• Juvenile & Domestic Relations	(703) 838-4141	• School Buses	(703) 461-4169
• Court Service Unit	(703) 838-4144	• Registering Child	(703) 824-6616
• General District	(703) 838-4010	• Special Education	(703) 824-6650
• Federal	(703) 299-2100	School Board Information	(703) 824-6614
Crime Solvers	(703) 838-4858	Sexual Assault	(703) 683-7273
Death Certificates	(703) 838-4400	Sheriff's Office	(703) 838-4111
Discrimination Complaints	(703) 838-6390	Social Services	(703) 838-0700
Domestic Violence & Spouse Abuse	(703) 838-4911	Volunteer Programs	(703) 836-2176
Drug & Alcohol Abuse Treatment	(703) 329-2000	Voter Registration Information	(703) 838-4050
Employment Resource Center	(703) 838-0940	Welfare	(703) 838-0700
Fire Emergency	911	Women's Programs	(703) 838-5030
• Non-emergency	(703) 838-4600	Youth Services	(703) 838-0990
Food Stamps	(703) 838-0700		*Non-City Agency
General Information	(703) 838-4000		
Head Start	(703) 549-8685		
Health Services	(703) 838-4400 x 200		
Homeless Services	(703) 838-0901		
Housing, Emergency	(703) 838-0901		



Virginia's Human Services
**INFORMATION
& REFERRAL**
Information YOU Can Use
1-800-230-6977
vaiaand.net

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Northern Virginia Regional Commission